Hafa Adai!

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Body found in vacant lot

By KIMBERLY B. ESMORES
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REPORTER

A male body was found in an advanced stage of decomposition deep in a vacant lot in Chalan Kanoa.

The decomposed body was found in the jungles of the vacant lot right next to Triple J Truckload Store and across the Mount Carmel Cathedral in Chalan Kanoa at around 2:20pm last Friday. Although his identity has yet to be confirmed, family members who have reported him missing several weeks ago identified him as the 38-year-old Chuukese man they have been looking for.

The man is believed to have been dead for at least two weeks prior to the discovery

See BODY on Page 4

Department of Public Safety crime scene investigators, including DPS' homicide team under the Major Crimes Investigation unit, and police officers await a briefing on how to proceed with the investigation. KIMBERLY ESMORES

Distribution of $6.3M P-EBT coupons starts on Saipan this Saturday

» DCCA Tinian, Rota will have separate distribution schedule
» Phase 2 P-EBT distribution tentatively set for March 11, 2023

Macaranas

By FERDIE DE LA TORRE
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REPORTER

The Department of Community and Cultural Affairs and the Public School System, through the Nutrition Assistance Program, will start distributing on Saipan this Saturday, Dec. 10, 2022, an estimated $6.3 million in Pandemic Electronic Benefits Transfer Program, or P-EBT, for thousands of children in schools and child care provid-

See COUPONS on Page 4

Duos take home grand prizes in talent show

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

This year's edition of Bridge Capital LLC's Christmas-themed CNMI Got Talent 12 saw two-person acts as the winning combination that bagged the grand prizes in both categories of 16-and-under and 17-and-above age groups.

See DUOS on Page 4

Grand prize winning dance duo Cookies and Cream receive their cash prizes from Bridge Capital's founders Josh Baldwin and Shawn Scott last Friday at the Pacific Islands Club Saipan in San Antonio. CHRYSTAL MARINO

2nd auction of IPI casino equipment to focus on gaming tables, slot machines

By BEN BLASCHKE
INSIDE ASIAN GAMING

Editor's Note: Reprinted with permission

A second auction of gaming equipment owned by embattled Saipan casino operator Imperial Pacific International (CNMI) LLC will take place this Friday, Dec. 9, with the focus shifting to larger equipment.

According to Tim Shepherd of receiver Clear Management Ltd., the auction will include the sale of gaming tables, chairs and slot machine stools, while there are also 50 of Aristocrat's Helix slot machines

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INSIDE

WORLD
Russia said that Western demands that it should pull out completely from Ukraine is a big no.
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HEALTH & WELLNESS
Can certain foods or supplements boost the immune system to protect you from the flu?
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LIFE & STYLE
The British Museum has pledged not to dismantle its collection of the Parthenon Sculptures.
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Local

Hyatt Regency Saipan general manager Guillaume Delemarle, left, shakes hands with Emma Perez of 500 Sails. Both 500 Sails and and Boonie Babies will be the beneficiaries of the hotel's fundraising efforts this month. CHRYSTAL MARINO

Hyatt done with assessment; next up is facilities upgrade

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

Kobe Portopia Hotel Corp., which owns the Hyatt Regency Saipan, will reportedly inject $6.2 million into the hotel in 2023 to kick off renovation works and facility upgrades at the Garapan landmark, according to the hotel's general manager, Guillaume Delemarle.

Speaking at the hotel's annual Christmas tree lighting celebration last Thursday, Delemarle said that, in the process of assessing the hotel's buildings, they had come to realize they wanted to upgrade the now 50-year-old building so it may continue to remain operational and stable for the next 40 years.

He assured that the Hyatt Regency Saipan was found safe during the assessment and it is their desire to maintain that safety but they want to enhance that aspect of their operation, with more thought on more efficient emergency technologies such as sprinklers and fire alarms, as well as enhance the room comfortability of customers, and overall hotel efficiency through the addition of a new power plant (power supply) and reverse osmosis system (water supply).

"So what we're doing is just making the hotel more comfortable. So that will be the first phase, and after that will come a second phase of rooms design, which we already started, but it will take a few more years just to make sure. We want this hotel to be the best on the island. The whole community has been so supportive of us, and now we want to give back," he added.

He said the initial assessment of the hotel is now complete and now they are in touch with architects with construction companies and the Hyatt in Hong Kong to help with the design.

"So it's all happening," he added.

He estimates Phase 1 of the renovations to take about three years, "and after that we'll start Phase 2, which will be the design. But it will take three years to get the goods on the island…there's a lot of things—to put the investment plan together. What I'm

See HYATT on Page 4

CNMI OVR closed today, Dec. 5

The CNMI Office of Vocational Rehabilitation would like to inform the public that its office will be closed today, Monday, Dec. 5, 2022, for a staff professional development.

The office will resume its normal operation hours on Tuesday, Dec. 6, 2022.

Should you have any questions, call 1 (670) 287-6548, or via email at nmidir@ovr-gov.net. ***(PR)***

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FEMA awards PSS $3.07M more for Yutu recovery efforts

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The Federal Emergency Management Agency has awarded the CNMI's Public School System another $3.07 million to aid its recovery efforts from Super Typhoon Yutu's devastation in October 2018.

Delegate Gregorio Kilili C. Sablan (D-MP) disclosed in his *e-kilili* newsletter over the weekend that FEMA made the award to PSS last Thursday in the amount of $3,070,649.

As of Dec. 2, 2022, FEMA grants for typhoon recovery to PSS has now reached a total of $56.71 million, Sablan said.

He said this brings FEMA's awards to PSS and other agencies in the CNMI to a total of $304.48 million, with the bulk of the awards going to the Commonwealth Utilities Corp. in the amount of $80.45 million and Homeland Security/Emergency Management in the amount of $75.97 million.

The other entities that have received FEMA awards include the Northern Marianas College, $35.24 million; Governor's Office, $16.72 million; Tinian Municipality, $13.16 million; Commonwealth Ports Authority, $10.24 million; other grant awards, $5.78 million; Saipan Municipality/Department of Public Safety, $5.07 million; Hazard Mitigation Assistance; $4.50 million; CNMI Judiciary, $2.20 million; CNMI State management costs, $1.52 million; and Mount Carmel School, $1.35 million.

Rep. Babauta seeks retreat for House members before sine die

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Rep. Sheila J. Babauta (D-Saipan), one of the nine members in the 22nd House of the Representatives who will not be coming in the next House, has recommended holding a retreat as they are enter the final month of their term.

Speaking at a House session last week, Babauta said the 22nd House is coming to a close just as a new administration is ascending into the Executive Branch.

"We're turning a chapter. I think [for] nine of us, it will be our final month in the House," she said.

Babauta did not seek reelection last Nov. 8.

"We never had our retreat, which was something that I recommended at the beginning of our term. If you remember. colleagues, that we've never gotten together," the lawmaker said.

She said they're going to have their *sine die,* or final session, which is probably one event that they are all required to attend.

Babuta asked House Speaker Edmund S. Villagomez (Ind-Saipan) to consider setting a date for their retreat.

"Can we invite our families? …It [will] almost be similar to the swearing in when we had that people come up and it's our final time," she said.

The lawmaker said the *sine die* is going to be a great final session. "I just want to prepare for that as much as possible because it's really been an honor serving in this 22nd Legislature,"Babauta said.

Aside from Babauta, the others who will no longer be members of the incoming 23rd House are Reps. Angel A. Demapan (R-Saipan), Richard T. Lizama (D-Saipan), Joseph Lee Pan T. Guerrero (R-Saipan), Christina E. Sablan (D-Saipan), Leila F. Staffler (D-Saipan), Celina R. Babauta (D-Saipan), Corina L. Magofna (Ind-Saipan), and Donald M. Manglona (Ind-Rota).

Demapan was unsuccessful in his bid for a Saipan Senate seat. Lizama and Guerrero were defeated by Ramon Blas Camacho in the Saipan mayoral race. Sablan and Staffler were defeated in the gubernatorial election.

Celina Babauta, Magofna, and Manglona will be going to the Senate.

Speaker Villagomez said he is looking at Jan. 3 as the last session to close business.

Rep. Vicente Camacho (D-Saipan) asked the Judiciary and Governmental Operations Committee chaired by Rep. R. Celina Babauta (D-Saipan) if she would put out as many of the bills that are in her committee before the January sine die.

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One of 4 involved in major car crash still in critical condition

By KIMBERLY B. ESMORES
Kimberly_esmores@saipantribune.com
REPORTER

Three days since the collision between a sedan and a sports utility vehicle along Route 30 in Chalan Kanoa, one of four individuals who were rushed to the Commonwealth Health Center emergency room remains in critical condition.

Saipan Tribune learned over the weekend that an elderly woman who was one of the victims' in Thursday's collision remains in critical condition due to the injuries she sustained from the accident.

The woman remains in CHC's intensive care unit and is reportedly still unconscious. She sustained major injuries as she was on the passenger side of the RAV4, which sustained the most damage during the accident

Saipan Tribune is opting to temporarily withhold her identity until police opts to release her name.

Saipan Tribune learned that the driver has been released from CHC and is recovering. He suffered injuries to his chest as a result of the accident.

Meanwhile, *Saipan Tribune* returned to the scene of the accident last Friday and managed to get a hold of CCTV footage of the crash, as well more firsthand accounts of the incident.

A longer version of this story is available at www. saipantribune.com

Reyes is overall chairman of AD transition, inauguration panels

Governor-elect Arnold I. Palacios and lieutenant governor-elect David M. Apatang have appointed former representative Juan I. "Liling" Reyes as overall chairman of the incoming administration's transition and inauguration committees.

According to Palacios-Apatang's press release over the weekend, former House of Representatives speaker Oscar M. Babauta will be the vice chairman for the Inauguration Subcommittee, while former representative Claudio K. Norita will be the vice chairman of the Transition Subcommittee.

The committees will lead the process of ensuring a smooth, timely, and orderly transition of governmental power on Jan. 9, 2023.

Reyes, Babauta, and Norita will be assisted "by various members of the community who represent a cross-section of the CNMI government, private sector, as well as community volunteers," the press statement said.

The committees will also work with various private businesses who have stepped forward to assist in the inauguration activities.

Palacios and Apatang enjoyed a commanding lead over Gov. Ralph DLG. Torres and his running mate, Sen. Vinnie Vinson F. Sablan (R-Saipan), of the Republican Party, in the gubernatorial runoff race last Nov. 25 based on the Commonwealth Election Commission's unofficial tabulation results. ***(Ferdie de la Torre)***

COUPONS

From Page 1

ers in school year 2021-2022.

This distribution, according to NAP administrator Walter Macaranas said over the weekend, is Phase 1; distribution of Phase 2 P-EBT is tentatively set for March 11, 2023.

P-EBT is a federal program that provides food stamp benefits to school-aged children who lost access to school meals because their school was closed or was operating with reduced hours for at least five consecutive days due to the COVID-19 pandemic in a school year.

Macaranas said each eligible child will receive a value of $8.28 per day of food stamp benefits in lieu of reimbursement of school meals.

Approximately 10,895 children have been validated for P-EBT benefits in both public and private schools.

Macaranas said NAP and PSS' Child Nutrition Program have been working to validate school-submitted information to prepare for the distribution of P-EBT benefits to children who were enrolled in school year 2021-2022.

For Phase 1, the distribution on Saipan will be at the NAP office in As Lito from 8am to 5pm and it will be based on the last name of the primary contact who was listed as the parent or legal guardian in their child's school record.

Here is the distribution schedule:

First letter of last name	Date
A to B	Dec. 10
C to D	Dec. 11
E to K	Dec. 12
L to N	Dec. 13
O to R	Dec. 14
S to T	Dec. 15
U to Z	Dec. 16
OPEN DAY	Dec. 17

Open day is the designated date for households who will not be able to pick up their benefits based on their scheduled date.

Macaranas said identification cards will be required and households will be required to provide a government-issued photo identification such as a driver's license, passport, municipal ID, U.S. permanent resident card, or others.

A longer version of this story is available at www. saipantribune.com

IPI

From Page 1

available—all in full working order and with Asian games installed.

The first auction, held in October, saw US$410,000 worth of equipment sold—mostly card shufflers and chip sorters with the successful bidders from South Korea, Australia, South America and Europe

"We have already received bids in for Auction 2 and since we added slot machines and a bigger variety of equipment, many more interested parties [are] contacting us from across the world," Shepherd told IAG.

"Bidders understand that IPI only bought world class equipment and even though it's been in storage, the casino management team maintained it professionally before the casino closed.

"As a result the majority of equipment powers up with little or no issues beyond requiring a good clean. Likewise the gaming tables, chairs and other furniture are in good shape."

Shepherd explained that he planned to hold at least two more auctions in early 2023 following an order from the court to maximize revenues in order to pay some of IPI's creditors—currently owed around US$24 million.

IPI has tried to stop the auctions, arguing recently that it would be unable to reopen its casino—shuttered since March 2020—in quick time if its gaming equipment was sold.

Shepherd suspected most leading suppliers would be able to provide new equipment at short notice if required but noted IPI's casino, Imperial Palace-Saipan, was likely in no shape to resume operations in the short term.

"The state of the casino/hotel building itself…we think [it] requires a fair amount of work to be ready to accept customers," he said.

IPI is currently in mediation with the local Casino Control Commission to have its current casino license suspension lifted and prevent the regulator from revoking its license altogether.

Originally published by Inside Asian Gaming. See the original post here: https://www.asgam.com/index.php/2022/12/04/second-auction-of-ipis-saipan-casino-equipment-to-focus-on-gaming-tables-slot-machines/

DUOS

From Page 1

Held at the Pacific Islands Club Saipan's Magellan Restaurant in San Antonio last Friday, Bridge Capital handed out prizes that totaled over $15,000, with the grand prizes in the adult and children's category at $2,000 each and special awards at $1,500 each.

The grand prize winner in the adult division, as well as the awardee for the "Most Christmas-y" performance was the dance duo Cookies and Cream, composed of Joe Balagon and Cire Joseph Dela Paz Durano, who earned the combined amount of $3,200 in prize money.

The Grace Christian Assembly's tambourine team was the runner up in the adult division, which won them $1,500. The team also received the Founder's Choice award, which got them $1,500. Ronilo De Belen placed second runner-up in the category, earning for himself $1,000.

In a later interview, Balagon said "We enjoyed our routine. …Thank you everyone for supporting us, especially our manager…Ester Sablan. Thank you for believing in us."

When asked what does dance mean them personally, Balagon said their goal is always to inspire kids. Durano added, "My message is always be confident in yourself. Never doubt yourself, always trust and believe in yourself, because if you don't trust in yourself you will never get where you want to be.

In the 16-and-under division, 13-year-old singing duo Princess Nicole Rigua and Alyana Marie Rotap, who sang *Rocking around the Christmas Tree,* took home the $20,00 grand prize.

Teen dance group Profound Bandits placed first runner-up in the contest, winning $1,500, while 8-year-old Roanne Palma took home $1,000 as second runner-up.

Throughout the event, many raffle prizes were give away and among the giveaways were flatscreen TVs, smartphones, tablets, and several cash prizes.

The Christmas-themed contest not only highlighted the variety of talents in the CNMI, but also drew many spectators, as well as many of the contestant's peers to the.

Bridge Capital co-founder Josh Baldwin said he felt ecstatic due to the competition's turnout. "I feel wonderful. So much talent, and such great public response."

Company co-founder Shawn Scott echoed the same sentiments "Amazing talent tonight. Really an amazing night and so much talent here."

Baldwin noted: "Christmas time is our favorite time of the year by far, and it's a wonderful time to celebrate. The islands have so much talent and it [this] makes people happy, that's why we do it."

"We love Christmas we love the holidays, and we love being here on Saipan on the holidays," Scott added.

In promoting the giving spirit of the holidays, the event's attendees were encouraged to bring an unwrapped toy for less fortunate children, and many individuals and families followed through, filling the donation "train" set with brand new children's gifts by the end of the night.

BODY

From Page 1

of his body.

The investigation into the man's cause of death continues. Police have yet to determine if the man died of natural causes, or if foul play was involved.

At around 3:30pm, Department of Public Safety crime scene investigators, including DPS' homicide team under the Major Crimes Investigation unit, and police officers were all over the vacant lot as they awaited briefing on how to proceed with the investigation.

Although the body was reportedly found at around 2:20pm, when *Saipan Tribune* got on scene at around 3:30pm, the investigators had yet to proceed with their investigation.

"The report is still very new to us so we are still waiting to be briefed before we can proceed with our investigation," said a homicide investigator on scene at 3:40pm.

In an interview with assistant chief of police Capt. Simon Manacop at the scene, he said he could only share minimal details of the investigation because, as of 4pm, the preliminary investigation report had yet to be completed.

"The man was found in [an] advance stage of decomposition; he was reported missing on Thursday. When he was found, we were notified so we have yet to complete a preliminary report," he said.

Manacop did share that the body was found and called in by the family of the deceased as they had been searching for him for weeks prior to reporting him missing.

"The family mentioned that they came to the area before earlier on in their search, but they didn't find him here. This is their second time searching the area when they found him. For us, the body was just reported today. The way it looks, the man might have been dead for at least two weeks. I cannot determine right now if the death involved foul play or if it was a natural death. It is still an ongoing investigation," he said.

Saipan Tribune also spoke with family members on the scene and the man's brothers said they found him in the jungle at around 2pm before reporting the body to police.

Although they did not want to disclose the name of the deceased, they did share that he was missing for about two weeks and they had been searching for him since.

However, according to DPS, the man was only officially reported missing the day before his body was found.

HYATT

From Page 2

very happy about is that our owner is very supportive, and he already committed to $6.2 million for next year only. So that is awesome…that is very good news. …It is happening, and we are very happy with that."

The announcement of the renovation was mentioned during the tree-lighting ceremony, which was attended by hotel guests, several families, friends, and employees as well as the non-profit organizations 500 Sails, and Boonie Babies, which will be the beneficiaries of Hyatt's fundraising from Dec. 1 to Jan. 21, 2023.

An earlier report stated that, as part of the lease contract agreement, which was signed only last Oct. 8, 2021, a total of $45 million is being set aside for the construction and renovation of Hyatt Regency Saipan.

Hyatt is celebrating this year 42 years of service in the CNMI.

Groups urge House to condemn racist *Insular Cases*

Equally American and nine other civil rights groups are calling on the U.S. House of Representatives leadership to pass a bipartisan House resolution that condemns the racist *Insular Cases* and their doctrine of "territorial incorporation." The House Resources Committee held a hearing on H.Res. 279 last year. The resolution has received broad support, including from the chairs of both the House Resources and House Judiciary committees, who are encouraging its passage. House resolutions do not need to be voted out of committee before being voted on by the full House. Just two weeks of voting remain in the 117th Congress.

"With the Supreme Court recently dodging two opportunities to overrule the *Insular Cases*, it is more important than ever for the House to make clear that the racist *Insular Cases* and the colonial framework they established should have no part in the United States today," said Neil Weare, president and founder of Equally American, which advocates for equality and civil rights for residents of U.S. territories. "Next year marks the 125th anniversary of the United States acquiring formal overseas colonies, so the time to act is now. This is some unfinished business that the House should pass before Members of Congress leave for the holidays."

H.Res. 279 has 16 cosponsors, including Northern Mariana Islands Delegate Gregorio Kilili Sablan (D-MP), Virgin Islands Delegate Stacey Plaskett (D-VI), Puerto Rico Resident Commissioner Jenniffer González-Colón(R-PR), and Guam Delegate Michael F.Q. San Nicholas (D-GU). Other members of Congress of Puerto Rican descent who are sponsoring the resolution include Nydia Velasquez (D-NY-7), Darren Soto (D-FL-9), Jesus G. «Chuy» Garcia (D-IL-4), and Ritchie Torres (D-NY-15).

The New York State Bar Association—which this year established a Task Force on U.S. Territories—also recently wrote Speaker Nancy Pelosi calling on her to support bringing H.Res. 279 to a vote on the floor.

Aside from Equally American and ACLU, the other groups that support this advocacy are the Ayuda Legal Puerto Rico, the Brennan Center for Justice, Demos, Hispanic Federation, Lambda Legal, LatinoJusticePRLDEF, the Lawyer's Committee for Civil Rights Under Law, and the Washington Lawyers' Committee for Civil Rights and Urban Affairs.

The letter can be found online at : https://www.aclu.org/letter/coalition-letter-house-leadership-hres-279 ***(PR)***

WEATHER ADVISORIES

High surf advisory and rip current

Based on the information received from the National Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point, a high surf advisory is in effect until 6am today, Monday, along north and east facing reefs on Saipan, Tinian, and Rota.

There is also a high risk of rip currents through Monday morning along north facing reefs on all three islands, while there is a high risk of rip currents through Friday afternoon along east facing reefs.

For the high surf advisory, large breaking waves of 10 to 12 feet are present along east facing reefs and 7 to 9 feet along north facing reefs until 6am Monday.

For the dangerous rip currents, it will be on Saipan, Tinian, and Rota through Monday morning along north facing reefs and through Friday afternoon along east facing reefs.

These will create dangerous swimming and surfing conditions and localized beach erosion. Rip currents can sweep even the best swimmers away from shore into deeper water.

Inexperienced swimmers should remain out of the water due to dangerous surf conditions.

The public is advised to stay out of the water along north and east facing reef lines. If caught in a rip current, relax and float. Don't swim against the current. If able, swim in a direction following the shoreline. If unable to escape, face the shore and call or wave for help. ***(PR)***

Small craft advisory until Monday afternoon

Based on the information received from the National Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point, a small craft advisory remains in effect until 5pm Monday on the coastal waters of Saipan, Tinian, and Rota.

East winds of 15 to 25 knots, with gusts of up to 30 knots and seas of 9 to 12 feet will be present in Marianas coastal waters until 5pm today, Monday. Conditions will be hazardous to small craft.

A small craft advisory means that wind speeds of 21 to 33 knots are expected to produce wave conditions hazardous to small craft.

Inexperienced mariners, especially those operating smaller vessels, should avoid boating in hazardous conditions. ***(PR)***

Island Summer Auto Fest donates to Red Cross

Island Summer Auto Fest officers James, Carol, Mia, and Melia Fleming pose with John Hirsh, executive director for the American Red Cross–NMI Chapter. CONTRIBUTED PHOTO

Organizers of the Islands Summer Auto Fest recently made a $500 donation to the NMI Chapter of the American Red Cross. Auto Fest officer James Fleming and this family have been supporting the Red Cross for the past 20 years.

"We are especially grateful to James and his family for making our lifesaving work possible here in the [CNMI]. James's leadership is inspirational as he always thinks of those who need a helping hand and prioritizes service before self" said John Hirsh, executive director of the Red Cross.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the public to perform its mission. For more information, visit redcross.org/nmi or call the NMI Chapter office at (670) 234-3459. ***(PR)***

THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
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Salary: $17,680.00 (part-time for one year).
Application Procedure: Send resume, cover letter, and three references via email to cnmibar@gmail.com.
Application Deadline: Friday, December 16, 2022

500 SAILS

P.O. BOX 10001 PMB 326
SAIPAN, MP 96950

500 SAILS
REQUEST FOR STATEMENT OF QUALIFICATIONS
EDA GRANT NO. 07-79-07817
NORTHERN MARIANA ISLANDS MARITIME TRAINING CENTER
500 SAILS-2022/RSQ-002

500 Sails, located in the Commonwealth of the Northern Mariana Islands, is soliciting bids from qualified vendors that are interested in providing professional services for the architectural and engineering design and construction management for the Northern Mariana Islands Maritime Training Center (aka Cultural Maritime Training Center of CMTC).

The EDA funded project proposed is a renovation of a 30,900 sq ft warehouse that is in generally good condition and currently in use as a boatyard and teaching facility, and administrative offices. The renovation does not change the footprint of the warehouse. The renovation includes construction of a classrooms and offices area, roof repairs, replacement of warehouse doors and windows, the selection and installation of air conditioning, an air circulation system, selection and installation of an overhead crane, and the installation of multiple delivery points of compressed air,and electrical outlets within the boatyard/shop floor.

The Scope of Work is available beginning December 2, 2022 at 9:00 am Chamorro Standard Time (ChST) via download or in print at the 500 Sails Boatyard and Administrative office, located in Lower Base, Saipan. Requests may be sent via email to nmimtc@500Sails.org.

A bidder's site walk will be held at the 500 Sails boatyard on December 13, 2022 at 4:00pm ChST.

All questions or inquiries regarding this RSQ are due no later than 9:00 pm, December 16, 2022 by email only. Responses to questions or inquiries will be provided to all bidder's site walk attendees by December 20, 2022.

Sealed proposal for this project shall be submitted with one (1) original and four (4) copies to the 500 Sails Boatyard and Administrative Office, located at in Lower Base, Saipan, MP 96950 no later than 3:00pm, local time, ChST, January 3, 2023 and must be marked **"Proposal - Northern Marianas Maritime Training Center 500 Sails-2022-RSQ-002"**.

Please note that **500 Sails-2022/RSQ-002** differs significantly from **500 Sails-2022/RSQ-001** released earlier.

Electronic submissions may be accepted if approved prior to the submission deadline.

Failure to follow the instructions regarding the submission of RSQ Responses may result in 500 Sails' choice to disqualify such bids.

Pete Perez
Executive Director

USCG invests time with Oceania partners, initiates Operation Rematau

SANTA RITA, Guam—The crew USCGC *Oliver Henry* (WPC 1140) kicked off Operation Rematau conducting a two-week, nearly 2,000 nautical mile deployment to the high seas and the Federated States of Micronesia countering illegal fishing and strengthening partnerships from Oct. 24 to Nov. 6.

"Operation Rematau is how U.S. Coast Guard Forces Micronesia Sector Guam supports the overarching Coast Guard endeavor Operation Blue Pacific to promote security, safety, sovereignty, and economic prosperity in Oceania," said Capt. Nick Simmons, commander, CGFMSG. "Rematau means people of the deep sea. It recognizes what our Pacific Island Forum leaders know—securing the future requires long-term vision and a carefully considered regional strategy for the Blue Pacific Continent. It reinforces our commitment to working together to advance Pacific regionalism based on the Blue Pacific narrative, action which supports our national security objectives, bolstering maritime governance and security."

The crew USCGC *Oliver Henry* (WPC 1140) visits juniors and seniors at two high schools in Yap and hosts 65 students aboard the ship, on Nov. 4, 2022.

U.S. COAST GUARD/PETTY OFFICER 3RD CLASS ZENA SUZUKI

The *Oliver Henry* crew conducted multiple engagements and patrolled the exclusive economic zone of FSM during the deployment. FSM is a group of more than 600 islands in the North Pacific Ocean spanning a swath of ocean 1,480 nautical miles end to end. It sits about three-quarters of the way from Hawaii to Indonesia, consisting of four states—Pohnpei, Chuuk, Yap, and Kosrae.

"The U.S. Coast Guard, present in the region since before World War II, continues operations in the Federated States of Micronesia, supporting our partners to ensure their sovereignty and resource security," said Simmons. "I am proud of this team. We consider this a regular patrol for our cutters at Forces Micronesia, but regular still means transiting over 460 nautical miles to reach our partners."

Oliver Henry 's first stop was Ulithi Atoll, the first time a fast response cutter visited the atoll. Ulithi was a central U.S. staging area during World War II, and home to a U.S. Coast Guard Loran-C communications station from 1944 to 1965 before operations relocated to Yap and ultimately shuttered in 1987. *Oliver Henry* delivered 20 boxes of supplies to Ulithi, 50 personal floatation devices, and sporting equipment donated by the cutter crew, the extended U.S. Coast Guard Guam family, Ulithi Falalop Community Action Program, Guam Island Girl Power Foundation, and Ayuda Foundation.

Their second stop was Yap. With coordination from the U.S. Department of State and U.S. Army Pacific colleagues, the crew undertook several community engagements and Subject Matter Expert Exchanges, meeting leaders, working with students, and providing tours to interested residents.

"It was a privilege to host Yap's Council of Pilung—the council of traditional chiefs aboard the cutter," said Lt. Freddy Hofschneider, commanding officer of *Oliver Henry*. "The council protects the traditions and customs of the people, and to be welcomed in by them is no small matter. Our visit culminated in our invitation to attend Yap's first-ever World Coconut Day celebration as honorary guests. It was a whole of community event that included a parade, a large spread of island cuisine, ceremonial dances, and fun activities."

The SMEE took place with 42 cadets and 28 faculty from FSM's Fisheries and Maritime Institute, which included shipboard familiarization covering seamanship, navigation, law enforcement, damage control, engineering casualty control, and small boat operations. In addition to the knowledge exchange, the *Oliver Henry* crew presented FSM FMI with 100 PFDs donated by CGFMSG.

"We appreciate Dean Tioti Teburea's time and support to make this event a success. The cadets truly enjoyed their time with us, and it is always an honor for the crew to showcase shipboard life and Coast Guard operations across the island communities. It was a mutually beneficial event, where we exchanged nautical knowledge and best practices," said Hofschneider. "Numerous cadets showed strong interest in maritime work and the Coast Guard. We look forward to expanded engagements and underway opportunities with the cadets."

The *Oliver Henry* team held recruiting events in Yap with visits to two local high schools and speaking with juniors and seniors. The crew provided ship tours to interested students from both schools, with 65 students visiting the cutter.

The U.S. and its allies are trusted partners in Oceania. Regular regional patrols support the shared goals of Indo-Pacific Command and the Pacific Quadrilateral Defence Coordination Group (Australia, France, New Zealand, and the United States) in support of PIF countries to combat the significant threat of illegal, unregulated, and unreported fishing in their EEZs and improve food security. The scope of U.S. Coast Guard activities helps address maritime security concerns expressed by the PIF in the 2018 Boe Declaration, echoed in the recent U.S.-Pacific Island Country Summit held in Washington, D.C.

"Our service's capability and reach were noted during the biannual FSM joint committee meeting last month," said Simmons. "Sending *Oliver Henry* now and doing further engagements in the country soon delivers on U.S. commitments to our Blue Pacific partners. Our exchanges enhance good maritime governance and build capacity that continues a generational legacy of positive bilateral relations with FSM."

The *Oliver Henry* is the 40th 154-foot Sentinel-class fast response cutter named for Oliver T. Henry, Jr., an enlisted African American Coast Guard member first to break the color barrier of a then-segregated service. During World War II, Henry served under Lt. Cmdr. Carlton Skinner. The latter became the first civilian governor of Guam and played a critical role in developing the Organic Act in 1950. Henry blazed a trail for minorities in the U.S. military as he climbed from enlisted ranks while serving on 10 Coast Guard cutters, finally retiring as a chief warrant officer in 1966.

The U.S. Coast Guard commissioned *Oliver Henry*, along with sister ships *Myrtle Hazard* (WPC 1139) and *Frederick Hatch* (WPC 1143), in Guam in July 2021. These cutters are a vital part of the U.S. Coast Guard's enduring regional presence serving the people of the Pacific by conducting 10 of the service's 11 statutory missions with a focus on search and rescue, defense readiness, living marine resources protection, and ensuring commerce through marine safety and ports, waterways, and coastal security. ***(USCG)***

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Commonwealth of the Northern Mariana Islands
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P.O. Box 502078, Bldg., 1242 Pohnpei Court
Capitol Hill, Saipan, MP 96950
Tel No: (670) 664-4809 Fax: (670) 664-4814
Email: cnmi@cnmibpl-hcplb.net
Website: cnmibpl-hcplb.net

Pursuant to P. L. 8-41, Section 11, Governor Ralph Torres and Lt. Governor Arnold I. Palacios, through the Board of Professional Licensing (BPL) are hereby giving notice that it will hold its quarterly board meeting on ***Wednesday, December 7, 2022, at 8:30a.m.*** on Saipan. The meeting will be held at the BPL-**HCPLB Conference Room, Capitol Hill, Saipan.**

AGENDA

I. Meeting Call to Order
II. Determination of Quorum
III. Review and Adoption of Agenda
IV. Review and Adoption of Minutes (07/07/2022)
V. Public Comments
VI. Chairperson's Report
VII. Director's Report
- Introduction of New Staff
- 2022 Financial Report
- 2022 Annual Citizen Centric Report
- Update on the Energov Program

VIII. Investigator's Report
IX. Communications from the Governor's Office & Legislature
A. Governor's Office
B. Legislature
X. Old Business
A. Proposed Regulations for Real Property Appraiser
B. Proposed Local Examination for Real Property Appraiser
XI. New Business
XII. Pending Applications for Board's Review
A. New Application
B. Renewal Applications
XIII. Miscellaneous Business
XIV. Executive Session: The Board may vote to meet in executive session to consult with Counsel on pending or anticipated legal matters.
XV. Announcements
A. Next Meeting Date
B. Adjournment of Meeting

Nelda M. Manibusan
P.O. Box 501100
Saipan MP, 96950
Telephone No. 256-9346/483-1713

PRO SE

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

PETITION TO CORRECT MARRIAGE LICENSE AND MARRIAGE RECORD FOR: NELDA M. MANIBUSAN Petitioner	**Civil Action No. 22-0443** **NOTICE OF HEARING**

Notice is hereby given that the above-entitled matter is set for a hearing on December 19, 2022 at 9:00 am in Courtroom 205A before Associate Judge Kenneth L. Govendo.

Dated this 1st day of December 2022.

/s/
Patrick V. Diaz
Clerk of Court

First Hawaiian Bank donates $932,310 to 38 charities

Editor's Note: Originally published in https://news.yahoo.com/first-hawaiian-bank-donates-932-170500190.html?guccounter=1

First Hawaiian Bank announced Thursday that its employees and retirees kicked off the holiday giving season by donating $932, 310 to 38 charities in Hawaii, Guam, and Saipan as part of the bank's annual Kokua Mai employee giving campaign.

Since the program's inception in 2007, employees and retirees have donated over $11.3 million through Kokua Mai in support of thousands of people who receive assistance through nonprofit organizations.

This year, employees added two new Kokua Mai agencies : Public Schools of Hawaii Foundation and YWCA-Oahu.

This year, 99 % of the bank's employees made financial donations to Kokua Mai, which exceeded last year's record-setting contribution by $22, 085. In addition, 250 Leadership Givers stepped forward with contributions of $1,000 or more.

"Our employee and retiree contributions this year will go a long way in helping our Kokua Mai agencies assist those in our community struggling to make ends meet this holiday season and beyond, " First Hawaiian chairman, president, and CEO Bob Harrison said in a statement. "With a 99% employee participation rate, I couldn't be more pleased with the care that our entire organization brings to our customers and our community."

The program is run by employees with the bank covering all program costs so that 100 % of every employee contribution goes to their local charity of choice in the communities FHB serves. The program includes a variety of activities to encourage employees to support their favorite charities through baked goods, shave ice sales and online auctions. This year Kokua Mai ran on Oct. 3-31.

The donation recipients, which focus on health, education, self-sufficiency and life-sustaining services, were American Red Cross, Hawaii, Guam, and Northern Mariana Islands Chapters; Aloha Harvest: Aloha United Way: Ayuda Foundation: Big Brothers, Big Sisters Hawaii: Blood Bank of Hawaii: Boys and Girls Club of Hawaii: Catholic Charities Hawaii: Child and Family Service: Domestic Violence Action Center.

Easter Seals Hawaii: Family Programs Hawaii: Goodwill Industries of Hawaii Inc.; Hale Makua Health Services: Hawaii Children's Cancer Foundation: Hawaii Foodbank: Hawaii Island United Way: Hawaii LGBT Legacy Foundation: HUGS (Help, Understanding and Group Support); Imua Family Services.

Kama 'aina Kids: Kauai Hospice: Kauai United Way: Keiki Circles of Love Hawaii: Lanai Community Association: Make-A-Wish Hawaii: Make-A-Wish Guam and Saipan: Maui Foodbank: Maui United Way: Palama Settlement.

Partners in Development: Pali Momi Women's Center (breast cancer prevention and treatment); Public Schools of Hawaii Foundation: Salvation Army Hawaii (includes Guam and Saipan Corps); Special Olympics Hawaii Inc.; Teach for America: Waianae Coast Comprehensive Health Center: YWCA-Oahu

EPA lauds recycling, zero waste efforts by Pacific Islands partners

SAN FRANCISCO—As the U.S. Environmental Protection Agency celebrated America Recycles Day and marked the anniversary of the agency's national recycling strategy recently, EPA's territorial partners in the Pacific Islands are making significant progress to improve waste reduction and recycling.

"EPA is proud to recognize zero waste achievements in American Samoa, Guam and the Northern Mariana Islands. These efforts are making real improvements in how island communities manage their waste and protect the environment," said EPA Pacific Southwest Regional Administrator Martha Guzman. "These local programs across the Pacific Islands protect communities from pollution by reducing waste going to landfills and reduce methane emissions, a potent greenhouse gas warming the earth.

■ **American Samoa:** Over the last year, 2,000 lbs of electronic waste from the local Department of Education was diverted from landfills and collected for recycling. A youth education program on waste reduction and management was featured in American Samoa EPA's "Lumana'i Initiative," a weeklong environmental online classroom for high school students across the island.

"Sustainable waste management is a multifaceted approach in which recycling is a critical component that focuses on resource recovery and reuse—an approach appropriate for our island home," said William Sili, acting director, American Samoa environmental Protection Agency.

■ **Guam:** The territory established a $400,000 grant program for waste reduction and zero waste initiatives in Guam and is dedicating up to 10% of the territory's recycling revolving fund for Guam EPA's recycling and zero waste initiatives. Guam EPA's abandoned derelict vessel removal group brought local and federal government agencies together to survey, remove and recycle off-island 11 abandoned vessels weighing over 60 tons.

"Our administration celebrates America Recycles Day every day by continuing to pay special attention to climate resiliency, sustainability and zero waste with the overarching goal of environmental protection in mind," said Gov. Lou Leon Guerrero. "Local programs such as Lt. Gov. Josh Tenorio's Islandwide Beautification Task Force, the Mayors' Council of Guam Islandwide Environmental Cleanup Program, the Guam Green Growth Circular Economy Makerspace and Innovation Hub, and Guam EPA's Abandoned Derelict Vessel Removal have shown us that diversification in recycling provides us with great opportunities highlight the natural beauty of Guam, showcasing it to those who cross our shores and to those who call Guam home."

Over the last year, 2,000 lbs of electronic waste from American Samoa's Department of Education was diverted from landfills and collected for recycling. CONTRIBUTED PHOTO

■ **Commonwealth of the Northern Mariana Islands:** Tinian established a municipal recycling program, provided recycling bins to Tinian Jr./Sr. High School's junior Reserve Officers' Training Corps and announced plans to end the use of single-use plastics on Tinian. The Sinapalo Elementary School hosted CNMI's recycling coordinator to educate students about recycling and the benefits of waste reduction.

Gove. Ralph DLG Torres held a CNMI Recycles Week ceremony to encourage the CNMI community to "acknowledge and take part in the efforts to combat climate change, promote sustainable living, and protect our environment for our children and the future generations of our great Commonwealth."

On America Recycles Day this year, EPA announced the availability of $100 million in grants for recycling infrastructure and recycling education and outreach projects across the country. EPA has published two requests for applications for new recycling infrastructure grants and education and outreach grants totaling $70 million. EPA also announced a new grant program for states and territories totaling $30 million. ***(PR)***

MARIANAS VISITORS AUTHORITY
P.O. BOX 500861 CK
SAIPAN, MP 96950
TEL: (670) 664-3200/1
FAX: (670) 664-3237

The Marianas
Saipan | Tinian | Rota

REGULAR BOARD MEETING NOTICE

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a Special Board of Directors Meeting will be held on Tuesday, December 6, 2022 at 11:00 a.m. at the MVA Conference Room.

MEETING AGENDA

1) **Preliminary Matters**
   a. Call to Order
   b. Roll Call
   c. Adoption of Agenda
2) **Public Comments**
3) **Committee Reports**
4) **Old Busines**
5) **New Business**
   a. Korea Market Promotion Program
   b. CDBG-DR Update
   c. Deputy Managing Director Contract
6) **Executive Session**
7) **Miscellaneous/Announcements**
   a. MVA General Membership Meeting
   b. Christmas in the Marianas Schedule
8) **Adjournment**

/s/Viola Alepuyo
Chairperson, MVA Board of Directors

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BID
CUC-IFB-23-005

Sewer Main and Manhole Replacement Project (Tanapag, Capitol Hill and Oleai)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Sewer Main and Manhole Replacement (Tanapag, Capitol Hill and Oleai) in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of the installation of gravity sewer main, new service laterals, connection to existing service laterals, and the installation of sewer manholes.

The project is funded by a grant from the Additional Supplemental Appropriations for Disaster Relief Act (ASADRA) and CUC. The award of this project is contingent upon receipt of approval for project award from ASADRA.

CUC requires the project to be completed in **365 calendar** days from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **December 6, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-23-002, Sewer Main and Manhole Replacement Project (Tanapag, Capitol Hill and Oleai)"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on December 20, 2022,** at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on December 8, 2022** to Mr. Manny B. Sablan, CUC's Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, Acting Chief Engineer for Water/Wastewater via email at larry.manacop@cucgov.org, Joel Puyat, Water/Wastewater Engineer via email at joel.puyat@cucgov.org and Ms. Christie L. Sablan, Procurement & Supply, Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
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EDITORIAL

Schools are missing their chance to fight learning loss

Since the start of the pandemic, Congress has provided public school districts with $190 billion in relief funds, roughly triple what the federal government spends on K-12 education in a typical year. This infusion has handed schools an opportunity to start repairing the damage caused by remote learning. Far too many are in danger of squandering it.

The need for an intervention could hardly be clearer. Results from national assessments show that the pandemic wiped out two decades' worth of student gains in math and reading. U.S. grade schoolers lost an average of half a year's learning in math, with some in high-poverty districts behind by a year or more. Without urgent action to help students recover lost ground, those deficits will only continue to grow—likely driving up dropout rates, reducing students' lifetime earnings, and slowing the country's economic growth.

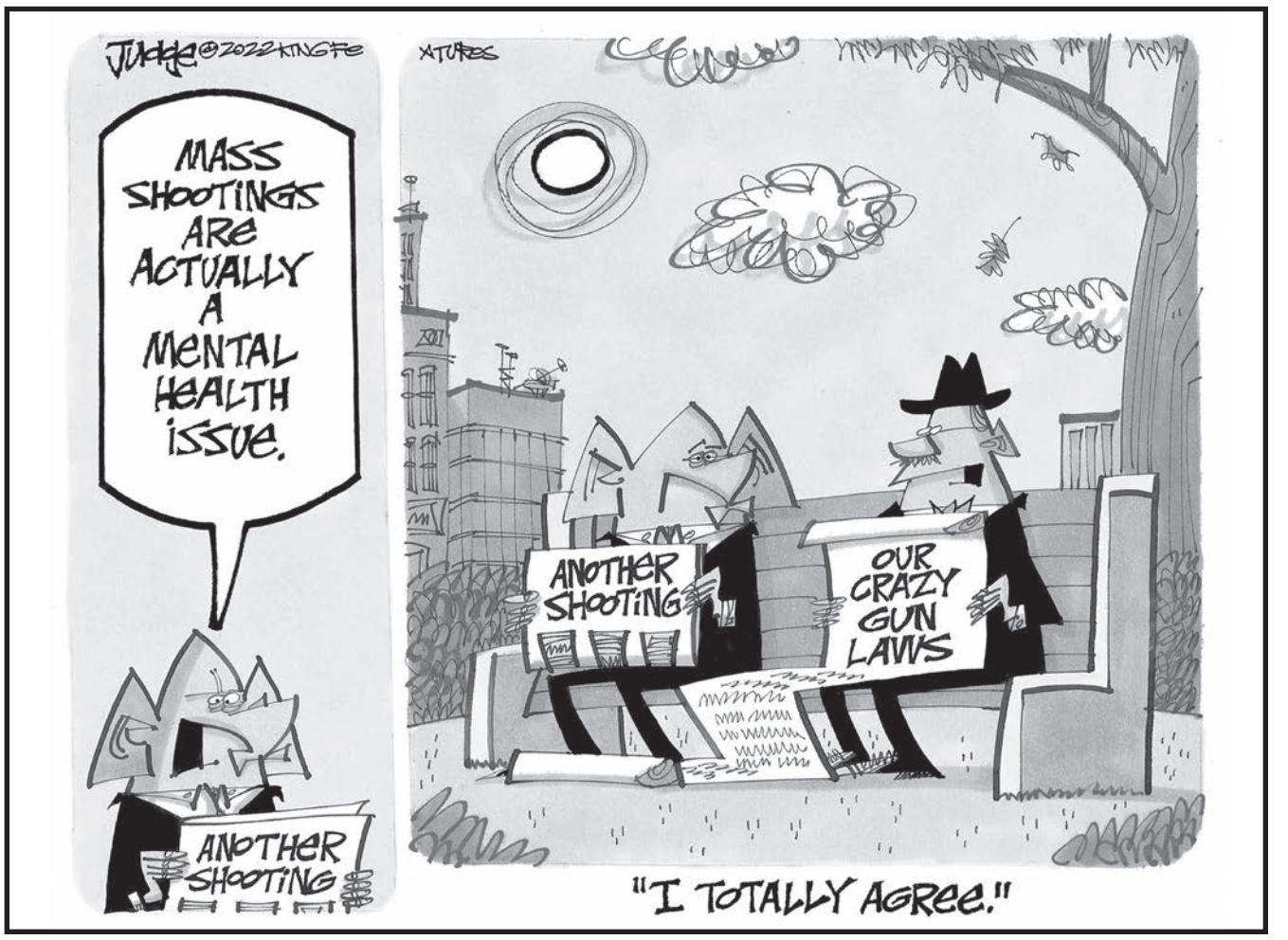
Lawmakers offered schools three rounds of relief funds. The CARES Act of March 2020 included $13.2 billion to pay for technology and other material needed to support the temporary transition to remote learning. A second COVID relief bill passed at the end of 2020 authorized an additional $54 billion in aid. In March 2021, President Joe Biden's American Rescue Plan included $122 billion for schools, the biggest-ever one-time federal investment in public K-12 education.

The size of these programs hid basic flaws. The ARP required that school districts devote 20% of their relief funds to "addressing" learning loss, but didn't specify benchmarks for measuring student progress or consequences if schools failed to meet them. In the absence of clear rules, districts have used the funds to repair buildings, pay staff salaries and upgrade sports facilities. Some districts have used their pandemic aid to make up for budget shortfalls caused by declining student enrollment in failing schools.

Even more alarming is schools' lack of urgency in putting available resources toward combating learning loss—despite evidence that poorly performing students have fallen further behind since returning to the classroom. According to one analysis, less than 15% of funds allocated in Biden's 2021 relief bill have been spent, with many districts spending less than 5%. A McKinsey report this month found that one-third of pandemic funds have yet to even be budgeted. At that rate, schools could wind up with as much as $20 billion unspent by September 2024, the deadline for using the funds. While the next Congress may extend the deadline, there's no guarantee it will.

School officials need to recognize that this may be their only chance to reverse the harms imposed by the pandemic. First, districts should gather data to determine the scale of learning loss within schools and identify where students are furthest behind. Next, they should expand tutoring programs by enlisting parents, college students, retired teachers and others. Finally, they should extend the school year and ensure students spend more time in class—through after-school and Saturday academies, mandatory summer school for strug-

See SCHOOLS on Next Page



I have months to live. Here's how I've embraced acceptance

By GAUTAM DHINGRA
Chicago Tribune

Gautam Dhingra lives in Chicago with his wife. He was the co-founder and CEO of High Pointe Capital Management and an adjunct teacher at Northwestern University's Kellogg School of Management, where he spearheaded education for CFA Society of Chicago as its chairman.

"You have many months to live," my palliative care doctor told me recently. She must've thought that was more polite than saying "less than a year." I have finally advanced to the stage predicted by my oncologist, who said seven years ago, "I'm thinking years, not months."

I was diagnosed with stage 4 colon cancer at age 53 and expected to live for three years. Practical to a fault, I bypassed the first four stages of grief—denial, anger, bargaining and depression—and embraced acceptance. Ten days after the grim diagnosis, I wrote in my journal:

My situation isn't so bad because:

1. Everyone has to die someday.
2. We are fortunate to have good health insurance.
3. Our children are almost adults.
4. I can be content with what I've been able to do in my life.
5. I won't suffer old age.

Some may call this rationalization. But it was my serenity prayer.

Acceptance isn't fatalism. In fact, the word "act" is hidden in plain sight within acceptance. It's a call to convert trouble into tasks, which in our case included finding the right doctor, squaring away our financial affairs, shutting down our small business and regaining health insurance when we did.

My first doctor said the cancer had metastasized too far into my liver to be removed surgically. Not accepting this "death sentence," my family and I sought a second opinion. The second doctor was a bit more optimistic. He put me on an aggressive chemo routine, but the initial results were discouraging.

My body's response to chemotherapy was "good but not good enough" to allow surgery. Neither he nor we were ready to give up. We switched to another chemotherapy and the next time he said, "We can do something." Although it didn't cure my cancer, that surgery brought me the gift of time.

Over the next six years, I endured three more surgeries, 90 rounds of chemotherapy and dozens of hospital visits in four cities. Along the way, I learned a few things about living with cancer.

First, it's imperative to share your feelings with someone you love. For me, that person is my wife, Ritu. When I was feeling down, she didn't say, "I'm sorry"; she simply held my hands and said, "You've been so brave. I'm here for you." Her reassurance meant more to me than "everything is going to be OK" ever could.

Second, cancer ravaged me physically but cured my small mental stresses. I asked myself if I was happier before cancer, and the answer was "not much." Before cancer, I found many reasons to be unhappy—stagnant business, family arguments, unfriendly neighbors, traffic jams. It took a tragedy to realize that I was wasting energy on things that were either unimportant or uncontrollable.

Third, cancer doesn't have to be all-consuming. My biweekly chemotherapy lasted 48 hours. The next two days were filled with nausea and anxiety, which gave way to mouth sores and fatigue for a few more. By the end of the first week, my equilibrium was restored, and the second week was normal. My life was still good. I had learned to live for the second week.

Lately, even the second weeks have been rough. I've cycled through all effective treatments, spent all my holidays in the hospital and suffered debilitating pain. I am playing the cancer edition of Whac-A-Mole, where pesky creatures (tumors) emerge faster and faster until they finally overwhelm you. But, over time, I've whacked enough of them to enjoy daily walks, attend my children's graduations and spend quality time with my family.

These satisfying moments are now accompanied by wistfulness about unreachable milestones, such as walking my daughter down the aisle, meeting my grandchildren and taking care of Ritu when she needs me.

But seven years of practicing acceptance has taught me not to lament what I cannot do but to ask what I should "do" with the limited time that remains. Ironically, I found the answer emblazoned on an old sweatshirt I own.

Socrates: "To be is to do."
Jean-Paul Sartre: "To do is to be."
Frank Sinatra: "Do-be-do-be-do."

Never carefree enough to belong in the Rat Pack, I've been a lifetime member of the Sartre club. But now, I am content and thankful to join Socrates.

For the rest of my life, just "to be" is enough for me!

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US News & World Report university rankings spur a revolt. What we need are more meaningful evaluations

By JONATHAN ZIMMERMAN
Chicago Tribune

Jonathan Zimmerman teaches education and history at the University of Pennsylvania. He is the author of Whose America? Culture Wars in the Public Schools, *which was published in a revised 20th-anniversary edition this fall by the University of Chicago Press.*

In the beginning, God created the heavens, the earth and American higher education. We lived in a bucolic state of nature until an evil serpent, U.S. News & World Report, tempted us to partake of the Tree of Knowledge: namely, college rankings. A fall from grace ensued.

That's what you might think when reading about the recent spate of attacks on U.S. News. Six elite law schools — including Harvard and Yale — announced that they would no longer participate in its rankings, which reward schools whose graduates earn high salaries. Critics say that penalizes institutions that prepare students for less lucrative jobs in the nonprofit world.

They're right. I hope this news spells the death knell for the U.S. News system, which has likewise encouraged undergraduate colleges to favor wealthy applicants. But there were rankings before U.S. News, and there will be rankings after it. What we need are lists that compare schools along different lines, including how well they promote public service.

In 1911, the Association of American Colleges and Universities asked the federal Bureau of Education — a precursor to today's Department of Education — to produce an "objective" measure of colleges. The bureau created a list of 344 institutions, divided into four levels of quality. When the list was inadvertently released to the public, it caused so much outrage among educators that President William Howard Taft ordered a halt to its distribution. Nobody ever likes to be told that they're in the lower ranks.

As higher education grew, other classifications of colleges appeared. Prefiguring U.S. News, which surveys professors and administrators about schools, the Chicago Tribune in April 1957 began publishing a series of articles on the top 10 colleges and universities as measured by what educators, scholars and college officials, among others, said about them.

And in America, we love rankings — of everything. Just Google "top 10" and see for yourself. You'll find endless lists of the best cars, the best movies and the best hotels. There's even a website, The Top Tens, that catalogs more than 200,000 top 10 lists — yes, you read that right — "for everything under (and including) the sun."

This obsession was foreseen by French philosopher Alexis de Tocqueville, who visited the United States in 1831. America, Tocqueville observed, was the world's most democratic and egalitarian society. Dispensing with hereditary titles, it offered unparalleled opportunity to a wide array of white people. (Black people were another story altogether.) But the freest country was also the most conformist one: Precisely because we Americans lacked fixed social standards, we were always comparing ourselves to each other.

"It is a strange thing to see with what sort of feverish ardor Americans pursue well-being," Tocqueville wrote, "and how they show themselves constantly tormented by a vague fear of not having chosen the shortest route that can lead to it."

Call it buyer's remorse, on an existential scale: There's always something or someone better out there that you could have purchased or pursued. The only way you can determine what's "best" in America is to figure out what your fellow Americans think is best.

Higher education is no different in that regard. As more and more people went to college, they also wanted to know where their schools stood. The genius of U.S. News was harnessing that impulse in an attractive, easy-to-use package. First in print and then on the web, its lists provided a sense of comfort in a sea of anxiety.

The problem wasn't that its rankings were "wrong"; instead, it ranked the wrong things. You got points for accepting lots of rich kids who go on to make lots of money (and to donate some of that money to their colleges). But as Tocqueville pointed out, Americans will always want to know how their schools stack up next to others. What we need are rankings that compare them in more meaningful ways.

In fact, we already have them. One useful ranking comes from Washington Monthly magazine, which lists colleges based on the social mobility they provide: Schools that help less privileged students move up the economic ladder get a higher score. The list also rewards schools whose alumni work in AmeriCorps, the military and other forms of public service.

Full disclosure: I write periodically for the Washington Monthly and count several of its editors as friends. Its ranking system is one of many alternatives to U.S. News, including lists compiled by the magazines Money, which unsurprisingly emphasizes college costs, and Times Higher Education.

My point isn't to pump up one evaluation system or another. It's to remind us that rankings of colleges will always be with us, no matter what happens to U.S. News & World Report. The real question is how we will rank the rankings and what that will say about us.

American children need a higher-quality science education

By CORY FRANKLIN AND ROBERT WEINSTEIN
CHICAGO TRIBUNE

One of the most devastating effects of the COVID-19 pandemic has been the debt it has created, a debt that we owe our kids that will be hard ever to pay back. In the past three years, much of what has occurred—school closings, lockdowns, remote learning—whether warranted or not, has had a profound academic and social effect on children, adolescents and young adults. We have an obligation to repay them.

The depressing data from the National Assessment of Education Progress demonstrates dramatic declines in reading and math scores in American grade schoolers, with students from poorer schools showing the worst declines, perpetuating an unequal two-tiered system. The quality of science education was not measured, but scientific illiteracy has been a persistent problem in American schools for decades. There is much science to be learned in the face of the pandemic, and this is a wide-ranging opportunity to improve the situation.

One way to do so is by constructing age-appropriate school curricula, taking what we have learned from COVID-19 and teaching schoolchildren about germs, hygiene, vaccines and immunity. Just as important, we must remove some of the fear of their environment that we have inculcated in them.

For the youngest children in kindergarten through third grade, the most important lesson is to teach them what germs are and that germs are a natural part of our environment not to be feared because although some can cause disease, germs are usually harmless, sometimes even beneficial.

Moreover, the best way to prevent the spread of germs is by practicing good hand hygiene and cough etiquette: how to wash hands without ritualizing the activity (teachers should continually demonstrate proper technique) and how to cover the mouth and nose when coughing or sneezing.

Middle schoolers should learn that germs are specifically viruses and bacteria, identifying the differences between the two and how they both cause infection. All viruses and bacteria are not the same: The virus that causes measles is different from the virus that causes influenza. While schools should teach which germs cause specific diseases, the emphasis should again be on reassuring students that most viruses and bacteria are benign. Students generally have nothing to fear from them in their daily lives as long as they adhere to basic hygiene principles.

By junior high, students are sophisticated enough to learn more about how germs cause disease, whether by the air, droplets from coughs and sneezes or contaminated surfaces. They can be made aware that some diseases like influenza are seasonal and others are endemic to specific regions of the world, such as malaria in tropical climates. This is a good time to impart medical successes including the amazing story of one of the 20th century's great discoveries, penicillin, which was discovered by serendipity when a mold traveled through an open window and landed on a petri dish.

They can also learn how scientists' heroic efforts essentially eradicated diseases such as smallpox and puerperal fever. They can hear the stories of famous historical men and women such as Florence Nightingale and Ignaz Semmelweis, both of whom battled an entrenched medical establishment.

High school students are ready for more advanced issues such as how vaccines work and an introduction to human immunity, a critical factor in understanding the primary defense against germs. This is also where students can learn about subjects such as the relative effectiveness of lockdowns and masking in different settings and how those questions are studied. It is obvious that high school students should also be educated about the viruses and bacteria that cause diseases that are spread through sex—and how to prevent them.

Besides instructing our youth, the primary goal of an education campaign should be to allay the fear of infections, much of which has been instilled in children during the pandemic. Part of this involves confronting controversies. When asked about teaching and discussion around COVID-19 in school, the 9-year-old grandchild of one of us said, "I think they avoid it because it is too political." This is untenable; it should be possible to discuss the issues without having the lessons devolve into Democrat versus Republican, but this means intellectually honest, nonpartisan lessons and instructors.

In the New Testament, it is written, "Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of Heaven." This biblical message is that the future belongs to children, and our obligation is to guide them.

The COVID-19 pandemic offers a teachable moment to inform, educate and, most important, reassure them: There is a safe path forward, and they can make sense of the chaos in the world that we have created.

Dr. Cory Franklin is a retired intensive care physician. Dr. Robert Weinstein is an infectious disease specialist at Rush University Medical Center.

SCHOOLS

From Page 8

gling pupils, and increased outreach to families to reduce chronic absenteeism.

Policymakers also need to get serious. States should require that school districts publicize their spending plans and see to it that remaining relief funds are poured into classroom instruction, rather than non-academic priorities. Congress should hold regular hearings on how states and local school systems are spending relief funds and work with the Biden administration to create a publicly accessible scorecard to track districts' progress and call attention to schools that underperform.

The academic damage caused by the pandemic is immense. Failing to use all available resources to address it would be a tragic mistake.

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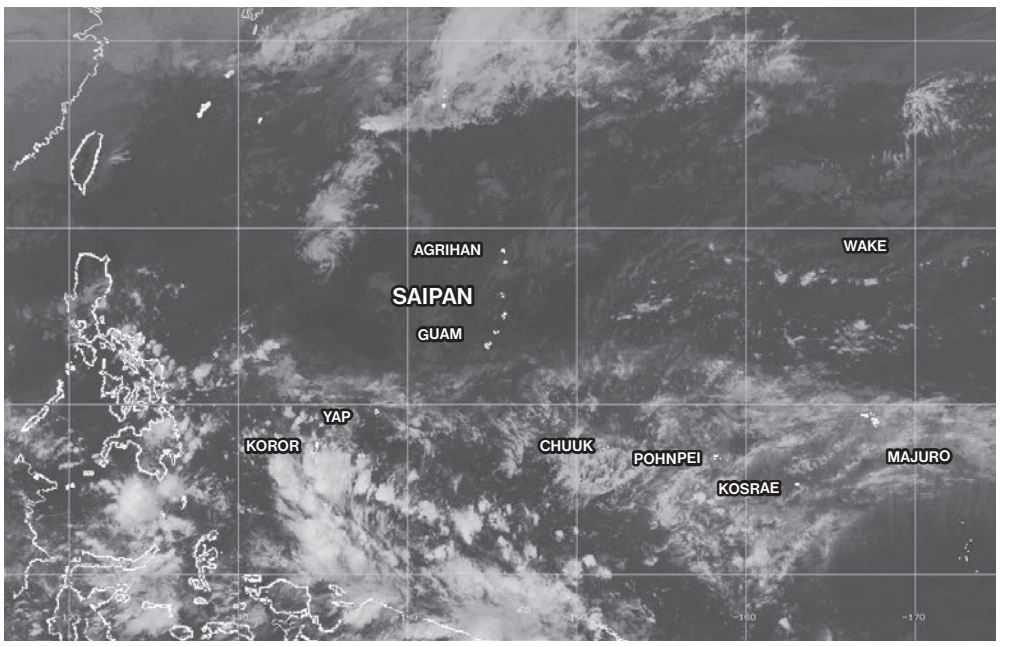
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scattered showers and thunderstorms. Partly sunny	Scattered showers and thunderstorms. Partly sunny	Partly sunny	Mostly sunny	Mostly sunny
85° 79°	86° 79°	86° 79°	85° 79°	85° 77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:31 AM, SUNDAY, DECEMBER 4, 2022

Western North Pacific between equator and 25N from 130E to 180.

Partly cloudy skies and isolated showers were seen on satellite and radar over the Marianas this morning. Buoys show seas between 8 to 10 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	86° / 76°
Palau	Thunderstorms	84° / 75°
Yap	Thunderstorms	83° / 77°
Chuuk	Partly Cloudy	88° / 80°
Pohnpei	Thunderstorms	86° / 76°
Kosrae	Thunderstorms	86° / 79°
Majuro	Thunderstorms	86° / 79°

AROUND THE GLOBE		▲ ▼ °F
Auckland	Rain	69° / 55°
Beijing	Sunny	38° / 15°
Hong Kong	Partly Cloudy	68° / 57°
Honolulu	Partly Cloudy	86° / 75°
London	Partly Cloudy	63° / 50°
Los Angeles	Cloudy	62° / 52°
Manila	Mostly Cloudy	89° / 77°
Melbourne	Partly Cloudy	61° / 46°
Miami	Thunderstorms	79° / 69°
New York	Mostly Sunny	46° / 31°
Osaka	Showers/Wind	55° / 44°
Paris	Cloudy	40° / 34°
Busan	Rain/Wind	79° / 64°
Rome	Partly Cloudy	80° / 60°
Salem	Sunny	87° / 65°
San Francisco	Showers	58° / 48°
Seoul	Partly Cloudy	36° / 23°
Tokyo	Showers	46° / 41°
Washington, DC	Sunny	48° / 29°

DAY	SUNRISE	SUNSET
Today	6:29 AM	5:45 PM
Tuesday	6:29 AM	5:45 PM
Wednesday	6:30 AM	5:46 PM
Thursday	6:30 AM	5:46 PM
Friday	6:31 AM	5:46 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	3:09 AM	3:40 PM
Tuesday	-	4:01 AM	4:18 PM
Wednesday	-	4:53 AM	4:56 PM
Thursday	-	5:46 AM	5:36 PM
Friday	-	6:39 AM	6:18 PM

TIDES: SAIPAN HARBOR TODAY		FEET
12:00 AM	High Tide	-0.04
6:30 AM	Low Tide	1.47
11:42 AM	High Tide	0.80
5:21 PM	Low Tide	1.79

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FLIGHT SCHEDULE AS OF NOVEMBER 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:35AM	Daily

SAIPAN- NARITA (NRT)

UA824	7:05AM	9:45AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	6:00AM	7:45AM	Daily
UA193	7:55PM	11:50PM	2, 5 via Palau
UA183	8:00PM	9:50PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:50PM	Daily via Guam
UA117/193	9:50AM	11:50PM	2, 5 via Guam, Palau
OZ624/701	3:40PM	10:35AM+1	3,6 via Incheon

SAIPAN-INCHEON (ICN)

OZ624	3:40PM	7:40PM	3, 6
TW308	4:30PM	8:20PM	3, 4, 6, 7
7C3405	4:35PM	8:25PM	Daily

SAIPAN-BUSAN (PUS)

BX621	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:46AM	Daily

NARITA (NRT)-SAIPAN

UA825	9:25PM	2:00AM+1	2, 4, 7

MANILA (MNL)-GUAM

PR110	10:05PM	3:55AM+1	Daily
UA184	10:55PM	4:45AM+1	1, 3, 4, 6, 7
UA192	10:40PM	6:30AM+1	2, 5 via Palau
UA184	12:40AM	6:30AM	3, 6

MANILA (MNL)-SAIPAN

UA189/174	12:40AM	8:46AM+1	3, 6 via Guam
UA184/174	10:55PM	8:46AM+1	1, 3, 4, 6,7 via Guam
UA192/174	10:40PM	8:46AM+1	2, 5 via Palau, Guam
OZ704/623	11:50PM	2:40PM+1	2, 5 via Incheon

INCHEON (ICN)-SAIPAN

OZ623	9:00AM	2:40PM	3, 6
TW307	10:00AM	3:30PM	3, 4, 6, 7
7C3406	10:10AM	3:30PM	Daily

BUSAN (PUS)-SAIPAN

BX622	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

SAIPAN TO TINIAN

DEPARTS	ARRIVES	FREQUENCY
7:00 A.M.	7:15 A.M.	(Except Sundays)
9:50 A.M.	10:05 A.M.	
4:00 P.M.	4:15 P.M.	(Except Saturdays)

TINIAN TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
7:35 A.M.	7:50 A.M.	(Except Sundays)
10:25 A.M.	10:40 A.M.	
4:35 P.M.	4:50 P.M.	(Except Saturdays)

SAIPAN TO ROTA

DEPARTS	ARRIVES	FREQUENCY
8:10 A.M.	8:40 A.M.	
1:45 P.M.	2:15 P.M.	

ROTA TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
9:00 A.M.	9:30 A.M.	
2:35 P.M.	3:05 P.M.	

SAIPAN TO GUAM

DEPARTS	ARRIVES	FREQUENCY
11:10 A.M.	12:00 P.M.	
5:15 P.M.	6:05 P.M.	

GUAM TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/ Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/ Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

Business

Russia rejects $60-a-barrel cap on its oil, warns of cutoffs

KYIV, Ukraine (AP)—Russian authorities rejected a price cap on the country's oil set by Ukraine's Western supporters and threatened Saturday to stop supplying the nations that endorsed it.

Australia, Britain, Canada, Japan, the United States and the 27-nation European Union agreed Friday to cap what they would pay for Russian oil at $60-per-barrel. The limit is set to take effect Monday, along with an EU embargo on Russian oil shipped by sea.

Kremlin spokesman Dmitry Peskov said Russia needed to analyze the situation before deciding on a specific response but that it would not accept the price ceiling. Russia's permanent representative to international organizations in Vienna, Mikhail Ulyanov, warned that the cap's European backers would come to rue their decision.

"From this year, Europe will live without Russian oil," Ulyanov tweeted. "Moscow has already made it clear that it will not supply oil to those countries that support anti-market price caps. Wait, very soon the EU will accuse Russia of using oil as a weapon."

AP

Ukrainian servicemen walk on a pontoon bridge across the Inhulets river in Kherson region, Ukraine, Saturday, Dec. 3, 2022.

The office of Ukrainian President Volodymyr Zelenskyy, meanwhile, called Saturday for a lower price cap, saying the one adopted by the EU and the Group of Seven leading economies didn't go far enough.

"It would be necessary to lower it to $30 in order to destroy the enemy's economy faster," Andriy Yermak, the head of Zelenskyy's office, wrote on Telegram, staking out a position also favored by Poland — a leading critic of Russian President Vladimir Putin's war in Ukraine.

Under Friday's agreements, insurance companies and other firms needed to ship oil would only be able to deal with Russian crude if the oil is priced at or below the cap. Most insurers are located in the EU and the United Kingdom and could be required to observe the ceiling.

Russia's crude has already been selling for around $60 a barrel, a deep discount from international benchmark Brent, which closed Friday at $85.42 per barrel.

The Russian Embassy in Washington insisted that Russian oil "will continue to be in demand" and criticized the price limit as "reshaping the basic principles of the functioning of free markets." A post on the embassy's Telegram channel predicted the per-barrel cap would lead to "a widespread increase in uncertainty and higher costs for consumers of raw materials."

"What happens in China will help shape whether the price cap has any teeth," said Jim Burkhard, an oil markets analyst with IHS Markit. He said dampened demand from China means most Russian crude exports are already selling below $60.

The price cap aims to put an economic squeeze on Russia and further crimp its ability to finance a war that has killed an untold number of civilians and fighters, driven millions of Ukrainians from their homes and weighed on the world economy for more than nine months.

The General Staff of the Ukrainian Armed Forces reported that since Friday Russia's forces had fired five missiles, carried out 27 airstrikes and launched 44 shelling attacks against Ukraine's military positions and civilian infrastructure.

Rail workers say deal won't resolve quality-of-life concerns

OMAHA, Neb. (AP)—When BNSF railroad conductor Justin Schaaf needed to take time off from work this summer, he had to make a choice: go to the dentist to get a cavity in his molar filled or attend a party for his son's 7th birthday.

He chose his son.

"Ultimately I decided to take the day off for my kid's birthday party," Schaaf said. "Then when I am finally able to get into the dentist four, five, six months later, the tooth is too bad to repair at that point, so I have to get the tooth pulled out."

Those are the kind of tradeoffs that railroad workers worry they might still have to make after Congress voted this week to impose a contract on them to avoid the economic disaster that would accompany a railroad strike. Workers and their unions say the deal didn't do enough to address their quality-of-life concerns and didn't add any sick days.

President Joe Biden signed a bill Friday to block a strike and force workers to accept the agreements union leaders made in September, even though four of the 12 unions—which include a majority of rail workers—voted to reject them. Business groups had been urging Biden to intervene for weeks.

For Schaaf, he's not sure if the new contract will make it any easier to find another day off sometime next year to pay to have a fake tooth implanted in his mouth.

"If I had the option of taking a sick day ... I would have never been in that situation," he said from his home in Glasgow, Montana.

Schaaf said it was discouraging, but not surprising, to see Congress step in to settle the contract dispute ahead of next Friday's strike deadline. Lawmakers have made a habit of stepping in to impose contracts when railroads and their unions reach the brink of a strike—18 times since the passage of the 1926 Railway Labor Act, by the U.S. Chamber of Commerce's count—because of the potential economic consequences.

Many businesses rely on railroads to deliver raw materials and ship their final products, so a rail strike would send a catastrophic ripple through the economy. Passenger railroads also would be disrupted because so many use tracks owned by the freight railroads.

The five-year deals that rail workers wound up with include 24% raises and $5,000 in bonuses. But concerns about the lack of paid sick time and the demanding schedules that unions say make it hard for workers to ever take a day off dominated the contract talks. The rail unions say they weren't able to get more concessions out of the railroads because the big companies knew Congress would intervene.

The railroads refused to add paid sick days to the deal at the end of three years of negotiations because they didn't want to pay much more than a special board of arbitrators appointed by Biden recommended this summer. Plus, the railroads say the unions have agreed over the years to forego paid sick leave in favor of higher wages and strong short-term disability benefits that kick in after as little as four days.

The railroads agreed to offer three unpaid days for engineers and conductors to tend to medical needs as long as they are scheduled at least 30 days in advance. They also promised to negotiate further to improve the way regular days off are scheduled to help workers better know when they will be off.

But to retired engineer Jeff Kurtz, there is still a lot of work to be done to restore the quality of life he enjoyed before he left the railroad eight years ago. He doubts rail workers today would be able to get time off for key family events on short notice the way he did when he found out his son was getting his doctorate right before Christmas in 2009.

"You hear when you hire out on the railroad you're going to miss some things. But you're not supposed to miss everything," said Kurtz, who remains active even in retirement with the Railroad Workers United coalition that includes workers from every union. "You shouldn't miss your kids growing up. You shouldn't miss the seminal moments in your family's life."

BUSINESS BRIEFS

UK arrests wealthy Russian as police target Putin enablers

LONDON (AP)—British authorities have arrested a wealthy Russian businessman on suspicion of money laundering, amid efforts to disrupt potential criminal activity by oligarchs and others linked to Russian President Vladimir Putin.

The National Crime Agency said more than 50 officers from a specialized unit raided the suspect's multi-million-pound home in London on Thursday, seizing a number of digital devices and a "significant" amount of cash. The man was not named.

"The NCA's Combatting Kleptocracy Cell, only established this year, is having significant success investigating potential criminal activity by oligarchs, the professional service providers that support and enable them and those linked to the Russian regime," agency director general Graeme Biggar said in a statement Saturday. "We will continue to use all the powers and tactics available to us to disrupt this threat."

The arrest comes as Britain works with the United States, European Union and other countries to choke off the flow of money to Putin's regime following Russia's invasion of Ukraine. The U.K. has imposed sanctions on more than 1,300 individuals and entities, including 120 wealthy business leaders known as oligarchs, with worldwide assets estimated at more than 130 billion pounds ($160 billion), according to the British government.

Hess to buy $750 million in carbon credits from Guyana

GEORGETOWN, Guyana (AP)—U.S.-owned Hess Corporation, a consortium partner in Guyana's offshore oil sector, has agreed to buy $750 million worth of carbon credits from the South American nation in the next decade as it works to ensure Guyana's almost intact Amazonian rainforests remain standing for decades to come, officials said Saturday.

Guyanese government officials and executives from New York-based Hess signed off on the agreement late Friday under the United Nations Reducing Emissions from Deforestation and Forest Degradation program (REDD).

This is the second major such deal the country has negotiated in the past decade. Back in 2009, Norway had signed off on a deal to provide $250 million in funding to help ensure the country's 18 million hectares of forest will remain intact.

Government says it will pursue efforts to secure additional partners in the carbon credit market as the country works to ensure minimal harvesting of its forest resources in a country the size of Britain, or the U.S. state of Idaho, with less than 1 million inhabitants.

"Guyana is one of the most heavily forested countries in the world. We admire the efforts that Guyana has undertaken for years to protect the country's forest, and the government's constant efforts to combat climate change and provide a strong model for other countries, other businesses and other governments," said John Hess, Chief Executive of Hess Corporation at the signing ceremony.

Nation

Pentagon chief: US faces pivotal years in countering China

SIMI VALLEY, Calif. (AP)—The U.S. is at a pivotal point with China and will need military strength to ensure that American values, not Beijing's, set global norms in the 21st century, Defense Secretary Lloyd Austin said Saturday.

Austin's speech at the Reagan National Defense Forum capped a week in which the Pentagon was squarely focused on China's rise and what that might mean for America's position in the world.

On Monday it released an annual China security report that warned Beijing would likely have 1,500 nuclear warheads by 2035, with no clarity on how China would seek to use them.

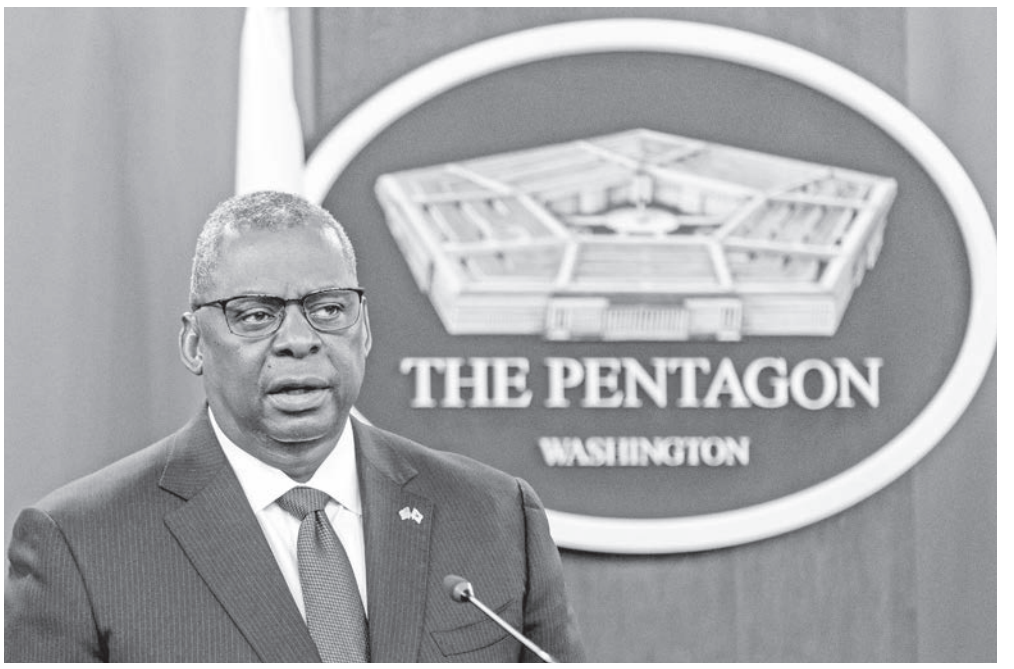
On Friday in a dramatic nighttime rollout, Austin was on hand as the public got its first glimpse of the military's newest, highly classified nuclear stealth bomber, the B-21 Raider, which is being designed to best the quickly growing cyber, space and nuclear capabilities of Beijing.

China "is the only country with both the will and, increasingly, the power to reshape its region and the international order to suit its authoritarian preferences," Austin said Saturday. "So let me be clear: We will not let that happen."

The Pentagon is also concerned about Russia and remains committed to arming Ukraine while avoiding escalating that conflict into a U.S. war with Moscow, he said at the forum, held at the Ronald Reagan Presidential Library.

"We will not be dragged into Putin's war," Austin said.

"These next few years will set the terms of our competition with the People's Republic of China. They will shape the future of security in Europe," Austin said. "And they will determine whether our children and grandchildren inherit an open world of rules and rights—or whether they face emboldened autocrats who seek to dominate by force and fear."



AP

Secretary of Defense Lloyd Austin speaks during a news conference at the Pentagon, Nov. 3, 2022, in Washington. The U.S. is at a pivotal point with China and will need military strength to ensure that American values, not Beijing's, set global norms in the 21st century,

Still, between the two nuclear power threats, China remains the greater risk, Austin said.

To meet that rise, "we're aligning our budget as never before to the China challenge," Austin said. "In our imperfect world, deterrence does come through strength."

The bomber is part of a major nuclear triad overhaul underway that the Congressional Budget Office has estimated will cost $1.2 trillion through 2046.

It includes the Raider serving as the backbone of the future air leg of the triad, but it also requires modernizing the nation's silo-launched nuclear intercontinental ballistic missiles and its nuclear submarine fleet.

The Defense Department has the largest discretionary budget of all the federal agencies, and it may receive up to $847 billion in the 2023 budget if Congress passes the current funding bill before this legislative session ends.

However, defense advocates argue it is still not enough to modernize and keep up with China because much of that spending goes to military personnel. The CBO estimates that about one-quarter of the defense budget is spent on personnel costs such as salaries, health care and retirement accounts.

Molten lava on Hawaii's Big Island could block main highway

HILO, Hawaii (AP)—Many people on the Big Island of Hawaii are bracing for major upheaval if lava from Mauna Loa volcano slides across a key highway and blocks the quickest route connecting two sides of the island.

The molten rock could make the road impassable and force drivers to find alternate coastal routes in the north and south. That could add hours to commute times, doctor's visits and freight truck deliveries.

"I am very nervous about it being cut off," said Frank Manley, a licensed practical nurse whose commute is already an hour and 45 minutes each way from his home in Hilo to a Kaiser Permanente clinic in Kailua-Kona.

If the highway closes, he anticipates driving two-and-a-half to three hours in each direction. Manley fears he might lose pay if an accident or other traffic disruption along an alternate route delays his arrival.

The lava is oozing slowly at a rate that might reach the road next week. But its path is unpredictable and could change course, or the flow could stop completely and spare the highway.

The slow-moving flow was coursing about 2.7 miles (4.3 kilometers) from the road Friday, U.S. Geological Survey scientists reported.

There are more affordable housing options on the island's east side, home to the county seat, Hilo. But many jobs at beach resorts, in construction and other industries are readily available on the west side, where Kailua-Kona is located. Saddle Road, also known as Route 200 or Daniel K. Inouye Highway, connects the two communities.

The state Department of Transportation took steps Thursday to remove potential traffic obstacles on the northern coastal route by reopening a lane across Nanue Bridge that was closed for repairs.

Hilo also is one of the island's major harbors, where a wide variety of goods arrive by ship before proceeding across the island by truck.

Hawaii County Councilor Susan "Sue" L. K. Lee Loy, who represents Hilo and parts of Puna, said she's concerned about big rigs traveling across aging coastal bridges.

"It's going to take a lot to rethink how we move about on Hawaii Island," she said.

Manley said he would have to get up at 3 a.m. to reach work by 8 a.m. If he left at 5 p.m., he wouldn't get home until 8 p.m. "That drastically reduces my amount of time that I would be able to spend with my family," he said.

Tanya Harrison of Hilo said she would need a full day off work to travel to her doctor in Kona.

There are more than 200,000 Big Island residents. Amidst throngs of tourists, delivery trucks and commuters forced to reroute, Harrison said she couldn't imagine the congestion.

"It might even be quicker just to fly to Honolulu," she said of the hour flight. "There's no line at the Hilo airport. Fly over, see the doctor, come back would actually be quicker than driving."

Outrigger Kona Resort & Spa plans to provide rooms at a Kailua-Kona hotel so its dozen or so Hilo-based employees can avoid the long commute five days per week.

A shutdown could also affect major astronomy research at the summit of Mauna Kea, a 13,803-foot (4,207-meter) peak next to Mauna Loa that is home to some of the world's most advanced telescopes.

The road heading to Mauna Kea's summit is midway between Hilo and Kona. If lava crosses Saddle Road on either side of Mauna Kea Access Road, many telescope workers would be forced to take long, circuitous routes.

Rich Matsuda, associate director for external relations at W.M. Keck Observatory, said telescopes may need to adjust staff schedules and house workers at a facility partway up the mountain for a while so they don't have to commute.

There's also a chance the lava flow may head directly across the lower part of Mauna Kea Access Road, which could block workers from reaching the summit. Matsuda hopes they'll be able to use gravel or other bypass routes if that happens.

The telescopes previously have shut down for multi-day or weeklong winter storms. "So we're prepared to do that if we have to," Matsuda said.

Hilo resident Hayley Hina Barcia worries about the difficulty of reaching west-side surf spots and relatives in different parts of the island.

"A lot of my family is on the Puna side and we have other family in Kona," Barcia said. "We use this road to see each other, especially with the holidays coming up, to spend time, so we're looking to have to go several hours longer to go the south way or taking the north road."

Geologists with the Hawaiian Volcano Observatory said if Mauna Loa follows historical patterns, they expect the eruption, which began Sunday night, to continue for one to two weeks.

Since then, traffic has clogged the road as people try to glimpse the lava. A handful of resulting accidents included a two-vehicle crash that sent two people to the hospital with "not serious injuries," Hawaii Police Department spokesperson Denise Laitinen said.

U.S. Rep. Ed Case and U.S. Rep. Kaiali'i Kahele sent a letter to President Joe Biden saying Hawaii County would need "immediate help" to keep island communities safe if lava flow blocks the highway. The two Hawaii Democrats noted that restricted access could hinder emergency services because one of the island's primary hospitals is on the east side.

Both sides see high stakes in gay rights Supreme Court case

WASHINGTON (AP)—The Supreme Court is being warned about the potentially dire consequences of a case next week involving a Christian graphic artist who objects to designing wedding websites for same-sex couples.

Rule for the designer and the justices will expose not only same-sex couples but also Black people, immigrants, Jews, Muslims and others to discrimination, liberal groups say.

Rule against her and the justices will force artists — from painters and photographers to writers and musicians — to do work that is against their faith, conservative groups argue.

Both sides have described for the court what lawyers sometimes call "a parade of horribles" that could result if the ruling doesn't go their way.

The case marks the second time in five years that the Supreme Court has confronted the issue of a business owner who says their religion prevents them from creating works for a gay wedding. This time, most experts expect that the court now dominated 6-3 by conservatives and particularly sympathetic to religious plaintiffs will side with Lorie Smith, the Denver-area designer in the case.

But the American Civil Liberties Union, in a brief filed with the court, was among those that called Smith's argument "carte blanche to discriminate whenever a business's product or service could be characterized as 'expressive,'" a category of businesses that could range from "luggage to linens to landscaping." Those businesses, they said, could announce, "We Do Not Serve Blacks, Gays, or Muslims."

Smith's attorneys at the Arizona-based Alliance Defending Freedom say that's not true. "I think it's disingenuous and false to say that a win for Lorie in this case would take us back to those times where people ... were denied access to essential goods and services based on who they were," said ADF attorney Kellie Fiedorek, adding, "A win for Lorie here would never permit such conduct, like some of the hypotheticals that they're raising."

Smith's case follows that of Colorado baker Jack Phillips, who objected to creating a wedding cake for a gay couple. The couple sued, but the case ended with a limited decision. Phillips' lawyer, Kristen Waggoner, is back before the high court Monday arguing for Smith.

Asia / World

Russia rejects pullout from Ukraine as condition for talks

KYIV, Ukraine (AP)—Russia said Friday that Western demands it should pull out completely from Ukraine as part of any future talks to end the war effectively rule out any such negotiations, as Russian strikes continued and a Ukrainian official set his country's battle losses at up to 13,000 troops.

Kremlin spokesman Dmitry Peskov reiterated that Russian President Vladimir Putin remains open to talks but the Western demand that Moscow first withdraws its troops from Ukraine is unacceptable.

Peskov's comments came as Putin spoke on the phone Friday morning with German Chancellor Olaf Scholz. Scholz's office said he made clear to Putin "that there must be a diplomatic solution as quickly as possible, which includes a withdrawal of Russian troops."

On Thursday, U.S. President Joe Biden also indicated he would be willing to talk with Putin if he demonstrated that he seriously wanted to end the invasion and pull out of Ukraine.

A statement issued by the Kremlin after the phone call with Scholz said Putin again blamed the West for encouraging Ukraine to prolong the war by supplying it with weapons.

Putin also said recent crippling Russian strikes on Ukraine's infrastructure were "forced and inevitable" after Ukraine allegedly bombed a key bridge to the Crimean peninsula—which Russia seized from Ukraine in 2014—and energy facilities.

AP

An elderly woman receives a food at a mobile humanitarian aid point in the village of Zarichne, Donetsk region, Ukraine, Friday, Dec. 2, 2022.

Russian forces have been bombarding Ukraine's critical infrastructure since October, leaving millions without electricity amid cold winter weather. Scholz's office said that in the phone conversation with Putin he "condemned in particular the Russian air attacks on civilian infrastructure" in Ukraine and said Germany was committed to continuing to help Ukraine defend itself.

Russian forces kept up rocket attacks on infrastructure and airstrikes against Ukrainian troop positions along the contact line, the Ukrainian general staff said Friday, adding that Moscow's military push has focused on a dozen towns including Bakhmut and Avdiivka — key Russian targets in the embattled east.

A top adviser to Ukrainian President Volodymyr Zelenskyy, citing military chiefs, said that since Russia invaded on Feb. 24 10,000 to 13,000 Ukrainian soldiers have been killed in action. It was a rare comment on Ukraine's military casualties and far below estimates from Western leaders.

"We have official figures from the general staff, we have official figures from the top command, and they amount to between 10,000 and 12,500-13,000 killed," the adviser, Mykhailo Podolyak, said late Thursday on Channel 24 TV. He also said civilian casualties were "significant."

The Ukrainian military has not confirmed such figures and it was a rare instance of a Ukrainian official providing such a count. The last dates back to late August, when the head of the armed forces said nearly 9,000 military personnel had been killed. In June, Podolyak said up to 200 soldiers were dying each day in some of the most intense fighting and bloodshed so far in the war.

On Wednesday, Ursula von der Leyen, the president of the European Union's executive Commission, said 100,000 Ukrainian troops had been killed, before her office corrected her comments — calling them inaccurate and saying that the figure referred to both dead and injured.

Zelenskyy's office reported on Friday that at least three civilians were killed and 16 wounded in Ukraine in the past 24 hours. Kyrylo Tymoshenko, the office's deputy head, said on Telegram that Russian forces had attacked nine southeastern regions with heavy artillery, rockets and aircraft.

Ukrainians have been bracing for freezing winter temperatures as Russia's campaign has recently hit infrastructure including power plants and electrical transformers, leaving many without heat, water and electricity.

Ukraine has faced a blistering onslaught of Russian artillery fire and drone attacks since early October. The shelling has been especially intense in Kherson since Russian forces withdrew and Ukraine's army reclaimed the southern city almost three weeks ago.

Kherson's regional governor said three people were killed and seven injured in shelling on Thursday. Russians hit residential areas of the city, part of which remained without electricity following Russian strikes Thursday.

In the eastern Donetsk region, Ukrainian governor Pavlo Kyrylenko said Russian shelling has intensified significantly. The Russian army is seeking to encircle the key town of Bakhmut by capturing several surrounding villages and cutting off an important road.

Russian strikes targeting towns across the Dnieper river from the Russian-held Zaporizhzhia nuclear power plant also were reported. And in northeastern Kharkiv province, officials said Russian shelling injured two women.

In a press briefing in Kyiv on Friday, United Nations-backed human rights investigators called for the creation of a "victim's registry" that could help people affected by the war to receive help quickly. Pablo de Greiff, a member of the team mandated to look into rights abuses by the Human Rights Council, said "victims have needs that require immediate attention."

Iranian state media: Construction begins on nuclear plant

CAIRO (AP)—Iran on Saturday began construction on a new nuclear power plant in the country's southwest, Iranian state TV announced, amid tensions with the U.S. over sweeping sanctions imposed after Washington pulled out of the Islamic Republic's nuclear deal with world powers.

The announcement comes as Iran has been rocked by nationwide protests challenging the theocratic government that began after the death of a young woman in police custody over an allegedly violation of the Islamic dress code. In a possibly related move, Iran's semi-official IRNA news agency late Saturday quoted a top prosecutor as saying officials had "closed" the morality police force responsible for enforcing the dress code. It gave no details.

The new 300-megawatt plant, known as Karoon, will take eight years to build and cost around $2 billion, the country's state television and radio agency reported. The plant will be located in Iran's oil-rich Khuzestan province, near its western border with Iraq, it said.

The construction site's inauguration ceremony was attended by Mohammed Eslami, head of Iran's civilian Atomic Energy Organization, who first unveiled construction plans for Karoon in April.

Iran has one nuclear power plant at its southern port of Bushehr that went online in 2011 with help from Russia, but also several underground nuclear facilities.

The announcement of Karoon's construction came less than two weeks after Iran said it had begun producing enriched uranium at 60% purity at the country's underground Fordo nuclear facility. The move is seen as a significant addition to the country's nuclear program.

Enrichment to 60% purity is one short, technical step away from weapons-grade levels of 90%. Non-proliferation experts have warned in recent months that Iran now has enough 60%-enriched uranium to reprocess into fuel for at least one nuclear bomb.

The move was condemned by Germany, France and Britain, the three Western European nations that remain in the Iran nuclear deal. Recent attempts to revive Iran's 2015 nuclear deal, which eased sanctions on Iran in exchange for curbs on its nuclear program, have stalled.

Since September, Iran has been roiled by nationwide protests that have come to mark one of the greatest challenges to its theocracy since the chaotic years after its 1979 Islamic Revolution. The protests were sparked when Mahsa Amini, 22, died in custody Sept. 16, three days after her arrest by the morality police for violating the Islamic Republic's strict dress code for women. Iran's government insists Amini was not mistreated, but her family says her body showed bruises and other signs of beating after she was detained.

In a statement issued by the state-run IRNA news agency Saturday, the country's national security council announced that some 200 people have been killed during the protests, the body's first official word on the casualties. Last week, Iranian Gen. Amir Ali Hajizadeh tallied the death toll at more than 300.

The contradictory tolls are lower than the toll reported by Human Rights Activists in Iran, a U.S.-based organization that has been closely monitoring the protest since the outbreak. In its most recent update, the group says that 469 people have been killed and 18,210 others detained in the protests and the violent security force crackdown that followed.

Iranian state media also announced Saturday that the family home of Elnaz Rekabi, an Iranian female rock climber who competed abroad with her hair untied, had been demolished. Iran's official judiciary news agency, Mizan, said the destruction of her brother's home was due to its ''unauthorized construction and use of land" and that demolition took place months before Rekabi competed. Antigovernment activists say it was a targeted demolition.

Rekabi became a symbol of the anti-government movement in October after competing in a rock climbing competition in South Korea without wearing a mandatory headscarf required of female athletes from the Islamic Republic. In an Instagram post the following day, Rekabi described her not wearing a hijab as "unintentional," however it remains unclear whether she wrote the post or what condition she was in at the time.

Since September, there has been a reported decline in the number of morality police officers across Iranian cities. The group was established in 2005 with the task of arresting people who violate the country's Islamic dress code.

In a report published late Saturday by IRNA, Iran's prosecutor general, Mohamed Jafar Montazeri, said the morality police had been "closed." He provided no further details about the state of the force, or if its closure was widespread and permanent.

''The judiciary continues to monitor behavioral actions at the community level,'' Montazeri added.

Separately, the U.S. Navy said Saturday it intercepted a fishing vessel in the Gulf of Oman on Thursday attempting to smuggle 50 tons of ammunition and a key component for missiles from Iran to Yemen.

Experts have accused the Iranian government of continually conducting Illicit weapons smuggling operations to supply Yemen's Houthi rebels. The shipments have included rifles, rocket-propelled grenades and missiles. Last month, the U.S. seized 70 tons of a missile fuel component hidden among fertilizer bags aboard a ship bound for Yemen from Iran.

Health & Wellness

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Fight off the flu with immune-boosting nutrients

By JOEL STREED
MAYO CLINIC NEWS NETWORK

It's flu season again, so most people get a flu shot and strive to stay healthy. But can certain foods or supplements boost the immune system and help with that "staying healthy" goal?

While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year.

Focus on a balanced eating plan.

Don't skip meals, so your body stays well-fueled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants. A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or 1/2 cup of canned fruit packed in its own juice. A serving of vegetables is 1/2 cup cooked or 1 cup raw. Getting these nutrients from foods versus vitamin or mineral supplements is always best. Many herbal remedies are marketed to help fight colds or shorten their duration, but check with a health care professional before taking any supplements or medications. And don't forget fluids. Remember to drink adequate fluids throughout the day. Plain water is best.

Crack down on spreading germs.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using it in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Increase sleep, reduce stress.

Getting adequate sleep and managing stress can be just as important as healthy eating to prevent the flu.

■ Adults should get seven to nine hours of sleep each day, while children need eight to 14 hours, depending on age.

■ Healthy ways to cope with stress include meditating, listening to music or journaling.

■ Physical activity is another strategy to manage stress and may reduce the risk of some chronic diseases that can weaken your immune system.

Even if you eat healthily, get plenty of rest, drink adequate fluids and manage your stress, you may still catch the flu. If so, your illness may not last as long, and you may not feel so bad.

Myths and facts

Here are some myths and facts about immune-boosting nutrients:

■ **Fact: Chicken soup can help you feel better.**

According to the National Institutes of Health, there are many healing benefits of chicken soup. Your favorite recipe likely has properties that fight inflammation, promote hydration and get mucus flowing. Drink plenty of liquids, such as water, broth or sports drinks with electrolytes.

■ **Myth: Vitamin C can prevent illness.**

When taken before cold symptoms start, vitamin C may shorten the duration, but it doesn't keep you from getting sick.

■ **Myth: Dairy increases mucus production.**

You may have heard that milk and other dairy products worsen congestion during an illness. Research has not proven this to be true.

Choose immune-boosting nutrients. These nutrients play a role in immune health:

■ Beta carotene: Beta carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mangoes, broccoli and tomatoes.

■ Vitamin C: Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

■ Vitamin D: Vitamin D is found in fatty fish and eggs. Milk and 100% juices fortified with vitamin D also are good sources.

■ Zinc: Zinc tends to be better absorbed from foods such as beef and seafood, but it's also found in plant-based sources, including wheat germ, beans, nuts and tofu.

■ Probiotics: Probiotics are good bacteria that promote health. You'll find them in cultured dairy products, such as yogurt, and in fermented foods, such as kefir and kimchi.

■ Protein: Protein comes from animal and plant sources, including milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Stay well

In the meantime, here are some recipes incorporating immune-fighting foods:

Chicken noodle soup with dill

Serves 6

10 cups reduced-sodium chicken broth

3 medium carrots, diced

1 large stalk celery, diced

3 tablespoons minced fresh ginger

6 cloves garlic, minced

4 ounces whole-wheat egg noodles (3 cups)

4 cups shredded cooked skinless chicken breast (about 1 pound)

1 tablespoon chopped fresh dill

1 tablespoon lemon juice, or to taste

Bring broth to a boil in a Dutch oven. Add carrots, celery, ginger and garlic; cook uncovered over medium heat until vegetables are just tender, about 20 minutes. Add noodles and chicken; simmer until the noodles are just tender, 8-10 minutes. Stir in dill and lemon juice.

Nutrition per serving (1Â½ cups): 267 calories, 4 g total fat, 2 g saturated fat, 1 g monounsaturated fat, 0 g cholesterol, 38 g protein, 18 g carbohydrates, 2 g dietary fiber, 330 g sodium.

Kristi Wempen is a dietitian in Nutrition in Mankato, Minnesota.

Healthy Living

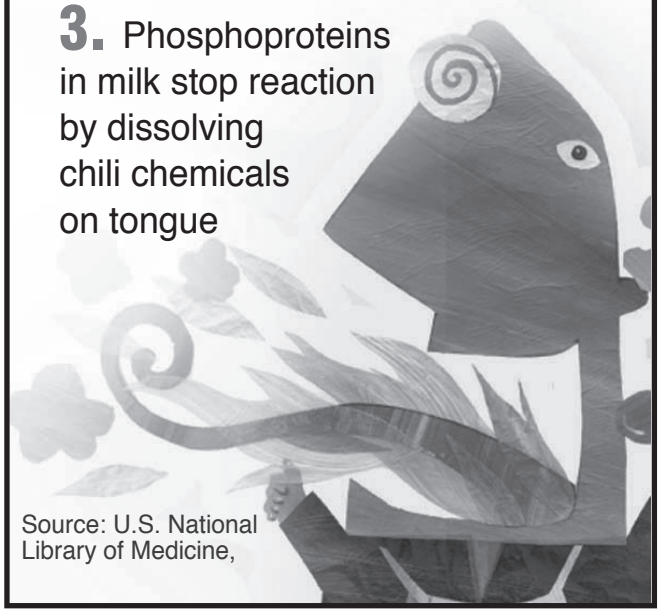
Cooling the burn

How the proteins in milk can help relieve the sting of hot chili peppers:

1. Chilis stimulate nerves and irritate tissues on tongue

2. Endorphin chemicals pour into bloodstream to counteract pain; heart speeds up; skin sweats

3. Phosphoproteins in milk stop reaction by dissolving chili chemicals on tongue



Source: U.S. National Library of Medicine,

ON NUTRITION

The benefits of bones

By BARBARA INTERMILL
TRIBUNE NEWS SERVICE

DREAMSTIME/TNS

Nutritionally, there's much more than meat extracted when you boil leftover poultry, beef, or even fish bones.

My husband did an excellent job carving our Thanksgiving turkey. So well, in fact, that very little was left on the bones that I typically use for making turkey soup. After simmering them overnight, however, I was surprised that the almost bare bones still gave up a fair amount of meat.

Nutritionally, there's much more than meat extracted when you boil leftover poultry, beef or even fish bones. Studies have found there's a lot of value in the broth.

When bones are simmered in water, they transfer important nutrients into the liquid. Of note are various building blocks of protein called amino acids, plus calcium, potassium, phosphorous and magnesium. Not surprising; these are some of the major bone-building nutrients we humans need to maintain our skeletal structure.

Unfortunately, there are few actual human studies on the benefits of bone broth. But the results from animal research are intriguing enough for me to continue our family's turkey soup tradition. Here are a few findings:

Bone broth contains glutamine (an amino acid needed to make protein), which is especially important for the health of our digestive tract. At least one animal study has shown that glutamine may help reduce inflammation in conditions such as ulcerative colitis.

And have you noticed the gelatin that makes cooled bone broth look like soft jello? That comes from the breakdown of collagen, a protein that helps keep skin from sagging and is crucial for healing wounds. Gelatin derived from bones is also rich in amino acids that build and repair muscle tissue and strengthen our immune system.

Arginine, another amino acid in bone broth, is best known for its ability to produce nitric oxide, a substance that helps keeps our arteries and blood vessels open for business. Arginine also helps with muscle growth and a strong immune system.

While researching this topic, we got a call that our neighbors' young daughter was kicked by one of their horses and suffered a fractured jaw. This active, growing youngster won't be able to chew anything solid for at least six weeks.

I gave her mom some nutrition advice and provided a few samples of high-nutrition formulas this young lady can sip through a straw. And I'll run some strained turkey soup over to their house as well. It just might be what the doctor ordered.

Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. She is the author of Quinn-Essential Nutrition: The Uncomplicated Science of Eating. *Email her at barbara@quinnessential-nutrition.com.)*

Life & Style

British Museum reportedly in talks on Parthenon Sculptures

LONDON (AP)—The British Museum has pledged not to dismantle its collection, following a report that the institution's chairman has held secret talks with Greece's prime minister over the return of the Parthenon Sculptures, also known as the Elgin Marbles.

The report by the Greek newspaper Ta Nea is the latest twist in the long-running dispute over ownership of the ancient sculptures, which originally stood on the Acropolis in Athens and have been a centerpiece of the British Museum's collection since 1816.

Ta Nea reported Saturday that negotiations between museum Chairman George Osborne and Greek Prime Minister Kyriakos Mitsotakis have been taking place since November 2021 and are at an advanced stage.

AP

Women stand by a marble statue of a naked youth thought to represent Greek god Dionysos, center, from the east pediment of the Parthenon, on display during a media photo opportunity to promote a forthcoming exhibition on the human body in ancient Greek art at the British Museum in London, Thursday, Jan. 8, 2015.

While the museum didn't deny that talks have taken place, a spokesman refused to discuss the specifics of the Ta Nea story. The museum said it was prepared to "talk to anyone, including the Greek government" about a new Parthenon "partnership."

"As the chair of trustees said last month, we operate within the law and we're not going to dismantle our great collection as it tells a unique story of our common humanity," the museum said in a statement released Saturday. "But we are seeking new positive, long-term partnerships with countries and communities around the world, and that of course includes Greece."

The Greek government offered no comment on the report.

Although British authorities have rebuffed efforts to return the sculptures to Greece since at least 1941, there has been a change of tone recently as museums around the world seek to address concerns about the way ancient artifacts were acquired during periods of imperial domination and colonial expansion.

In July, Jonathan Williams, the British Museum's deputy director, said the institution wanted to "change the temperature of the debate" around the marbles.

"What we are calling for is an active 'Parthenon partnership' with our friends and colleagues in Greece," he told the Sunday Times. "I firmly believe there is space for a really dynamic and positive conversation within which new ways of working together can be found."

On its website, the museum says it is willing to consider loaning the sculptures to Greece, but that successive Greek government's have refused to acknowledge the museum's ownership. There are no current negotiations about the issue, the museum says.

Speaking during a visit to London on Nov. 28, Greek PM Mitsotakis implied that some talks have taken place.

"I don't want to speak publicly about the discussions that we have had," he said. "But I think there is a better sense of understanding that maybe a win-win solution can be found that will result in a reunification of the Parthenon Sculptures in Greece, while at the same time also taking into consideration concerns that the British Museum may have."

The issue is complicated by an act of Parliament that prohibits the museum from selling, giving away or otherwise disposing of any items in its collection unless they are duplicates or not needed for study.

The marbles are remnants of a 160-meter-long (520-foot) frieze that ran around the outer walls of the Parthenon Temple on the Acropolis, dedicated to Athena, goddess of wisdom. Much was lost in a 17th-century bombardment, and about half the remaining works were removed in the early 19th century by a British diplomat, Lord Elgin.

They ended up in the British Museum, which has repeatedly rebuffed Greek demands for their return.

Musk says Twitter has suspended rapper Ye over swastika post

Twitter has suspended rapper Ye after he tweeted a picture of a swastika merged with the Star of David.

It is the second time this year that Ye has been suspended from the platform over antisemitic posts.

Twitter CEO Elon Musk confirmed the suspension by replying to Ye's post of an unflattering photo of Musk. Ye called it his "final tweet."

"I tried my best. Despite that, he again violated our rule against incitement to violence. Account will be suspended," Musk tweeted.

Ye, formerly known as Kanye West, has made a series of antisemitic comments in recent weeks. On Thursday, Ye praised Hitler in an interview with conspiracy theorist Alex Jones.

Ye's remarks have led to his suspension from social media platforms, his talent agency dropping him and companies like Adidas cutting ties with him. The sportswear manufacturer has also launched an investigation into his conduct.

Ye was suspended from Twitter in early October after saying in a post that he was going to go "death con 3 on JEWISH PEOPLE." His account was reinstated by the end of the month just as Musk took control of the company, but the billionaire tweeted that "Ye's account was restored by Twitter before the acquisition. They did not consult with or inform me."

Twitter's longtime practice before Musk took over was to suspend offending users temporarily and to escalate that to a permanent ban only if they kept breaking the rules. Musk has said he wants to avoid permanent bans and that speech should be allowed so long as it doesn't break the law in the countries where Twitter operates.

But Musk is now under pressure to clean up Twitter after changes he made following his purchase of the platform resulted in what watchdog groups say is a rise in racist, antisemitic and other toxic speech.

A report published Friday by the Anti-Defamation League said Musk's moves have empowered extremists on the platform. The ADL said that in its role as a "trusted flagger" of antisemitic tweets, it reported two batches to the company on Nov. 2—just days after Musk took over—and again on Nov. 17 after he had changed its policies and slashed Twitter's workforce.

"In two weeks, Twitter went from taking action on 60% of antisemitic tweets to taking action on only 30%," the group said.

ADL said it has noted both more antisemitic content and less moderation of antisemitic posts, a situation it says is likely to grow worse because of the cuts to Twitter's content-moderation staff. ***(AP)***

Woman will no longer accept relative's abusive behavior

DEAR ABBY: I have a sister in-law, "Karen," no one in my husband's family likes. She's rude and insulting and acts like she is better than everyone else. She feels she's entitled to have family members watch her kids so she can do what she wants. (If you refuse, she drops the kids off at the door.) If anyone confronts her about her bad behavior, she claims she has anxiety and depression to make the person feel guilty.

Now, I'm not saying she doesn't have these mental health issues, but I believe she uses them to manipulate others. My mother-in-law keeps saying we should "turn the other cheek," but I no longer can, especially when it comes to her insults.

I know many family members will side with her out of sympathy, but I can no longer sit back and accept her verbally abusing me and others with no consequences. I know I need a plan so I won't lose my temper and say something I'll regret, but I'm not sure how to respond in a respectful way. Any ideas?

DOESN'T LIKE CONFLICT IN KENTUCKY

DEAR DOESN'T: Do nothing without first warning your in-laws that you have reached your limit. The next time your sister-in-law is rude and insulting, say calmly, "I don't deserve to be spoken to that way. That's it for me. I'm leaving." Then do it. Your husband should back you up on this. And while you're at it, have him and his family determine whether Karen's kids are at risk, and act accordingly. Dumping her children on someone's doorstep seems like child abandonment to me.

■■■■

DEAR ABBY: I tell myself every year that I will not do this again but I do. My husband was married before, and had one daughter who now has two daughters of her own. She has always had the idea she was somehow deprived. I assure you, she was not. Her maternal grandparents thought she hung the moon and showered her with everything. When her mother remarried, she insisted that my husband allow her new husband to adopt her.

Contact with my husband was reestablished when she became of age. I do my best to acknowledge holidays, birthdays, etc., for all of them. The problem for me is there is never any reciprocation, and I'm tired of it.

We have a cordial relationship and see them frequently. It's as though she thinks we owe her something. I am the one who does everything; my husband couldn't care less. How can I end the cycle? To add to it, my own nephew is the same way. Nary a word of acknowledgement unless he is forced to. I guess my own feelings are the problem. I want to maintain cordial relationships, but I feel like it's a one-way street.

AT ODDS IN NEW YORK

DEAR ABBY

By ABIGAIL VAN BUREN

UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR AT ODDS: Your stepdaughter and your nephew are adults. I suggest you have a mature conversation with both of them and tell them how you feel -- that you want to maintain a cordial relationship but it seems like a one-way street. Then turn the other cheek one more time and, if they don't respond, end the cycle. See them often and be cordial. Period.

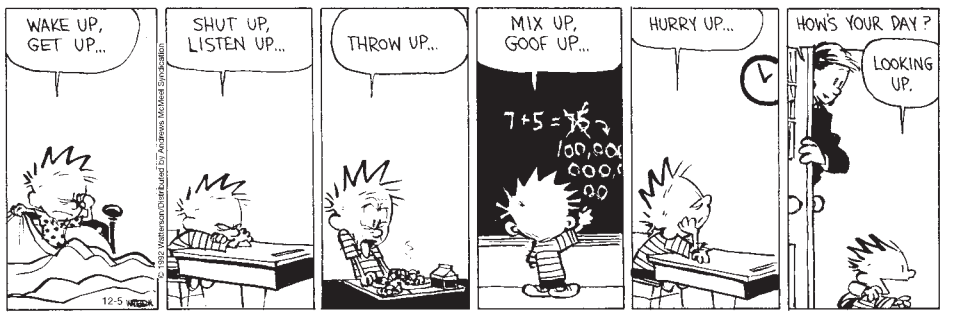
■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

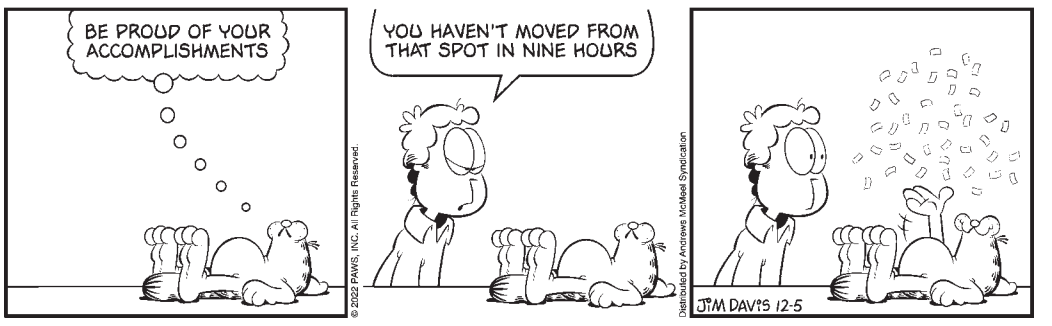
Calvin and Hobbes

By Bill Waterson



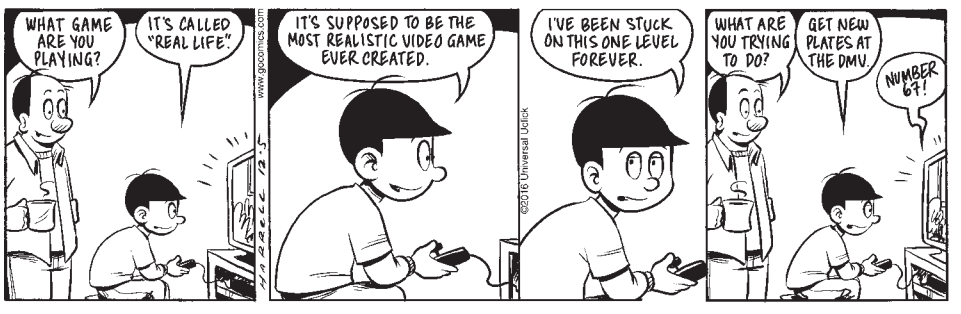
Garfield®

By Jim Davis



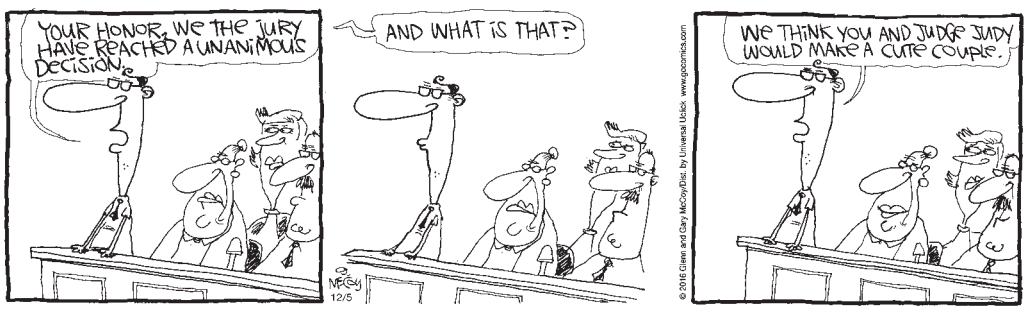
Adam@home

By Bryan Basset


WHAT GAME ARE YOU PLAYING?
IT'S CALLED "REAL LIFE".
IT'S SUPPOSED TO BE THE MOST REALISTIC VIDEO GAME EVER CREATED.
I'VE BEEN STUCK ON THIS ONE LEVEL FOREVER.
WHAT ARE YOU TRYING TO DO?
GET NEW PLATES AT THE DMV.
NUMBER 67!

The Duplex

By Glenn McCoy


YOUR HONOR, WE THE JURY HAVE REACHED A UNANIMOUS DECISION.
AND WHAT IS THAT?
WE THINK YOU AND JUDGE JUDY WOULD MAKE A CUTE COUPLE.

CROSSWORD

By Eugene Sheffer

ACROSS

1 Chowder bit
5 Sheepish remark
8 "Mamma Mia" group
12 Tubular pasta
14 Avocado dip, for short
15 Broadcasting
16 Deco artist
17 Long. crosser
18 Door hardware
20 Arcade enthusiast
23 Travel
24 Always
25 Semitic language
28 Badly lit
29 Part of LED
30 Knee protector
32 Leaves
34 Ripped
35 Jekyll's bad side
36 Tea container
37 Len of "Blue Bloods"
40 Dijon denial
41 Baseball's Hershiser
42 Ecologist's concern
47 Prosperity
48 Grooming process
49 — Godiva
50 Cain, to Eve
51 Artist Bonheur

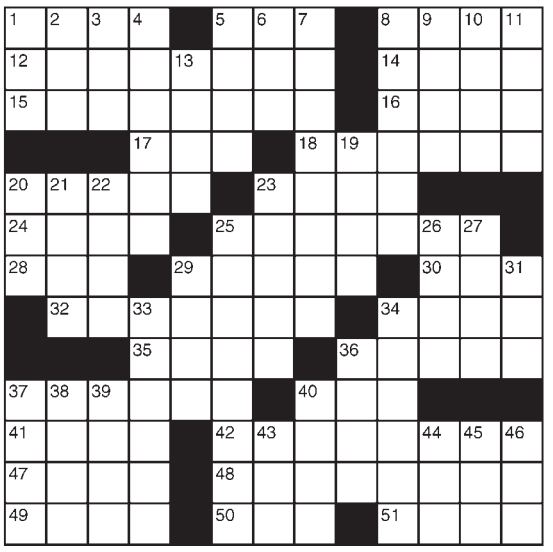
DOWN

1 — -Magnon
2 Architect Maya
3 Sales rep.
4 Composer Gustav
5 Gravy vessel
6 Blackbird
7 Fools
8 To-do list
9 Small town
10 Decrease
11 Experts
13 Eye drop
19 "By the power vested — ..."
20 H.S. proficiency test
21 Eager
22 Viral phenomenon
23 Penned
25 Ventilation system parts
26 Apple product
27 One in a deck
29 Belafonte song
31 Susan of "L.A. Law"
33 Liberty Bell city, informally
34 Leather worker
36 Furnace fuel
37 Batman's hood
38 Region
39 Peruse
40 Bonn denial
43 Privy
44 From — Z
45 The "I" of TGIF
46 Actor Stephen

Solution time: 26 mins.

P	A	C	■	S	T	A	R	■	B	R	A	D
F	A	A	■	A	E	R	O	■	R	U	L	E
C	A	R	E	F	R	E	E	■	I	T	E	M
■	■	E	D	E	N	■	■	P	E	S	C	I
H	U	L	A	S	■	C	A	L	F	■	■	■
O	R	E	M	■	T	H	R	U	S	H	E	S
D	I	S	■	S	U	I	T	S	■	A	M	P
A	S	S	E	M	B	L	Y	■	S	I	M	I
■	■	■	Q	U	A	D	■	S	P	R	A	T
S	T	O	U	T	■	■	O	P	E	C	■	■
N	O	V	A	■	T	A	K	E	C	A	R	E
I	G	E	T	■	E	A	R	N	■	R	O	T
T	O	R	E	■	T	H	A	T	■	E	W	E

Last Friday's Answer 12/5



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Frankie Muniz, 37; Amy Acker, 46; Margaret Cho, 54; John Rzeznik, 57.

Happy Birthday: Look for solutions that will help ward off conflicts. Aim to remain calm and build an environment that is mellow and rich with information, creativity and physical activity. Keep the momentum flowing and the excitement and anticipation mounting, and you will get the platform to do the things that make you successful, happy and content. Make moderation and truth your priorities. Your numbers are 7, 18, 24, 27, 32, 38, 45.

ARIES *(March 21-April 19):* Analyze facts and figures that will help you better understand what's available to you. Knowing what you can do and being able to express your concerns and solutions will put you in a good position. ✪✪✪

TAURUS *(April 20-May 20):* You'll find it challenging to remain consistent or to control your emotions. Take a step back from any situation you face, and think before you share your thoughts. Keep your money and possessions in a safe place and say no to temptation. ✪✪✪

GEMINI *(May 21-June 20):* A steady pace forward will get you where you want to go. Refuse to let outside influences lead you astray or cause you to second-guess your ideas or plans. Evaluate relationships and question information. ✪✪✪

CANCER *(June 21-July 22):* Use your imagination and you'll excel. Check facts. You'll figure out how to positively impact those you are trying to help or a project you want to put to rest. Don't underestimate your ability to make a difference. ✪✪✪✪

LEO *(July 23-Aug. 22):* Gather all the information required to make a good decision. Change can be good, but if there are circumstances that limit your ability to take care of your responsibilities, you may have to put what you want to do on hold. ✪✪

VIRGO *(Aug. 23-Sept. 22):* Outside influences will help you see more clearly. Distance yourself from negative or troubling situations, and you'll figure out how to combat something that doesn't feel right. A personal change will perk you up and spark your imagination. ✪✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Make your dollars stretch, look for bargains and educate yourself regarding debt, savings and investments. Short trips, lectures and discussing prospects with a friend, relative or colleague will help you figure out your next move. Self-improvement is favored if affordable. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Welcome change instead of drowning your sorrows in negative ways. Examine what's unfolding, and look for an angle that helps you turn circumstances into something that benefits you and brings you additional security. Spend less and do more. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Keep moving, and don't stop until you are satisfied with your goal. High-energy projects that keep your mind and body busy will help you leave those who hope to outmaneuver you in your wake. Keep life simple and realistic. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Dreams are great, but when it comes time to act, be realistic. Do not jeopardize your financial or physical well-being. A change at home that makes your life easier will make a marked improvement and lift your spirits. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Concentrate on what you are trying to achieve, not what others are doing. Understanding what others want will help you decide if you wish to participate. Emotions will escalate, making you feel uncertain or out of place. ✪✪

PISCES *(Feb. 19-March 20):* You'll think of terrific ways to take care of a debt, find a better position or connect with someone who complements your skills with something equally compelling. Be honest about what you want and what you have to offer. ✪✪✪

Birthday Baby: You are persuasive, charismatic and demonstrative. You are enthusiastic and persistent.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

9			1		8	5		4
	4						9	
7		6				8		
3			9		4			5
			2	8	6			
2			5		7			1
		4				1		6
	3						5	
1		2	4		5			3

Difficulty Level ★ 12/05

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's Answer

Conceptis Sudoku By Dave Green

3	9				8		4	7
	5		7	3	4		6	
5		8				7		
		7				2		
		3				6		9
	3		5	9	7		1	
1	4		8				7	2

Difficulty Level ★★★★ 12/02

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

MULLIONS VS. MUNTINS **Solution: 9 letters**

P	A	N	E	P	O	E	R	U	T	I	N	R	U	F
D	N	I	X	D	E	P	T	H	O	M	E	V	R	S
I	G	S	T	Y	L	E	V	E	L	N	R	O	Q	E
N	I	E	E	G	G	N	O	L	O	E	O	U	E	N
O	S	S	R	L	N	I	L	V	P	M	A	C	M	I
I	E	I	I	U	A	A	A	L	U	R	I	E	N	L
T	D	F	O	W	T	T	A	I	E	F	A	W	E	T
C	S	H	R	E	E	C	N	S	F	S	O	O	E	H
U	T	C	M	A	E	I	U	O	U	L	I	O	W	G
R	E	R	H	M	M	O	V	R	Z	E	A	D	T	I
T	E	A	E	O	H	E	E	N	T	I	S	T	E	A
S	L	N	D	W	O	D	N	I	W	S	R	A	B	R
N	T	N	D	A	O	L	A	I	N	O	L	O	C	T
O	O	S	G	L	A	S	S	R	E	T	T	U	H	S
C	I	R	C	L	E	G	N	I	H	S	I	N	I	F

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Athlete, Awards, Best, Career, Charity, Charlene, Clay, Coins, Defeat, Diana, Doubles, Express, Federer, Final, Grass, Greatest, Hard, Laver, Lenny, Match, Miroslava, Museum, Myla, Nadal, Novak, Olympics, Player, Powerful, Professional, Robert, Season, Singles, Slam, Sportsmanship, Stamp, Swiss, Tennis, Title, Tour, Twins, Valbella, Victory, Wimbledon

Last Friday's Answer: Waterfall

Purchase the NEW **Volume 70** in time for the holidays at www.WonderWordBooks.com, or call 1-800-642-6480. (In Canada, call 1-855-232-2367)

Sabonis powers Kings to 123-96 win over Clippers

LOS ANGELES (AP)—Domantas Sabonis scored 24 points on 10-of-11 shooting and the Sacramento Kings handed the undermanned Los Angeles Clippers their worst loss of the season, 123-96 on Saturday.

Sabonis set the tone with 15 points in the opening quarter and the Kings' bench kept it going in the second, building a 28-point lead. They led by 29 in the third and by 31 in the fourth. Sabonis had six assists and five rebounds.

Keegan Murray added 23 points and D'Aaron Fox had 14 points for the Kings, who won their second straight.

The Clippers were again without Paul George (right hamstring tendon strain) and Kawhi Leonard (right ankle sprain), as well as Luke Kennard and Norman Powell. George and Leonard are expected to join the team on their upcoming road trip.

Brandon Boston Jr. scored 18 points off the bench for the Clippers, mostly playing in the fourth. Ivica Zubac had 13 points and 15 rebounds for this 10th double-double of the season and third in four games. Terance Mann added 13 points.

AP

Los Angeles Clippers center Ivica Zubac, left, grabs a rebound away from Sacramento Kings forward Domantas Sabonis during the first half of an NBA basketball game Saturday, Dec. 3, 2022, in Los Angeles.

Mavericks 121, Knicks 100

In New York, Luka Doncic had a game-high 30 points and Tim Hardaway Jr. chipped in 28 points against his former team to lead Dallas over New York.

Spencer Dinwiddie scored 17 points for Dallas, which outscored New York 69-41 in the second half for just its second win seven games.

Forward Julius Randle led the Knicks with 24 points, and Immanuel Quickly chipped in 23. Jalen Brunson had 13 points playing against Dallas for the first time since he signed with the Knicks on July 12.

Dallas outscored New York 41-15 in the third quarter, turning a tight game into a rout. Hardaway had 17 points in the third quarter, including five 3-pointers, and Doncic scored 19 points on 8 of 10 shooting in the third.

Bucks 105, Hornets 96

In Charlotte, N.C., Bobby Portis scored 20 points and Milwaukee eased past Charlotte, despite missing star forward Giannis Antetokounmpo.

Antetokounmpo, a two-time MVP, sat out with left knee soreness, one night after scoring 40 points in a home loss to the Los Angeles Lakers.

Jordan Nwora added 17 points and Brook Lopez and Jevon Carter each scored 14 for the Bucks.

Terry Rozier led the Hornets with 26 points. Jalen McDaniels scored 21 and Kelly Oubre Jr. 20 for Charlotte, which had its three-game home winning streak halted. Mason Plumlee finished with 13 points and 11 rebounds.

Raptors 121, Magic 108

In Toronto, O.G. Anunoby matched his season high with 32 points, Pascal Siakam had 26 points and 10 rebounds and Toronto handed shorthanded Orlando its eighth consecutive loss.

Scottie Barnes scored 17 points and had a season-high 14 rebounds, and Fred VanVleet had 13 points as the Raptors won their third straight home game, improving to 9-2 north of the border.

Bol Bol scored 18 points for Orlando, which has the worst record in the NBA at 5-19. The Magic are 1-11 on the road.

Warriors 120, Rockets 101

In San Francisco, Andrew Wiggins scored a season-best 36 points and matched his career high with eight 3-pointers, leading Golden State past Houston in the second game of back-to-backs for both teams.

Stephen Curry scored 30 points with eight 3s of his own to go with 10 assists. Jordan Poole started in place of a resting Klay Thompson and added 21 points and five assists.

Wiggins knocked down consecutive 3s midway through the third quarter and shot 14 of 19 overall as the Warriors won their 10th straight at home.

Kevin Porter Jr. scored 20 points and Tari Eason contributed 13 off the bench for Houston. Jalen Green added 13 points but missed all five of his tries from long range.

Thunder 135, Timberwolves 128

In Minneapolis, Shai Gilgeous-Alexander scored 33 points in his return to action and Oklahoma City took advantage of Rudy Gobert's early ejection to post a chippy win over Minnesota.

The teams were called for a combined eight technical fouls.

Gilgeous-Alexander, the NBA's third-leading scorer with a 31-point average, sat out one game earlier this week with a bruised hip. But he had no trouble getting physical against Minnesota, making 10 of 17 shots and all 12 of his free throws.

Josh Giddey had 21 points and 12 assists for his eighth double-double of the season. Lu Dort scored 18 points as seven Thunder players reached double digits.

D'Angelo Russell led the Timberwolves with 27 points. Anthony Edwards added 26 points and Jaylen Nowell added 21 points.

Josh Allen throws for 2 TDs, Bills beat Patriots, 24-10

FOXBOROUGH, Mass. (AP)—The Buffalo Bills had done everything this season, except earn a victory in their division.

They're hoping their first will be the one that helps put them back on the path to winning it again.

Josh Allen threw two touchdown passes and the Bills beat the New England Patriots 24-10 on Thursday night for their first AFC East win of the season.

Devin Singletary had a 1-yard touchdown run to help the Bills (9-3) win their third straight and take a half-game lead in the division over Miami. Buffalo had been 0-2 against division foes.

"We know these games that are coming up, they matter," Allen said. "The ones in December and January, they matter. We've got to find ways to go win some football games."

Allen became the first player in NFL history with three seasons of 25 passing TDs and five rushing scores.

Including the playoffs last season, the Bills have won their last three meetings with New England (6-6).

Allen went 22 of 33 for 223 yards, consistently buying time in the pocket and finding soft spots in the Patriots' zone. The Bills have struggled at times in the red zone, but went 3 for 3 on Thursday.

Despite playing without top pass rusher Von Miller, who suffered a knee injury in a Thanksgiving win over Detroit, Buffalo's defense held the Patriots to three points over the final three quarters.

New England has lost two straight since posting a season-best, three-game win streak.

"There's a lot of things we need to do better," Patriots coach Bill Belichick said.

A week after putting together his most complete effort of the season, New England's Mac Jones was flustered and unsure for most of the night. He finished 22 of 36 for 195 yards and a touchdown. The Patriots were 3 of 12 on third down and 0 for 1 in the red zone.

"We want to win. And we're not doing that," Patriots center David Andrews said. "We've got to find ways to win. Whatever that is."

Bills linebacker Tremaine Edmunds said the plan was to make Mac Jones beat them with his arm.

"We just knew we had to make them one dimensional, whatever that was," said Edmunds, who had six tackles. "Our focus is ahead, not looking back."

The Bills started slowly on offense, settling for a field goal on their first possession.

Trailing 7-3, Allen went to work during Buffalo's next two opportunities.

He led his team 82 yards in nine plays, ending the drive with an 8-yard touchdown pass to Stefon Diggs on the first play of the second quarter.

Following a Patriots punt, Allen capped a 14-play, 56-drive by eluding the Patriots' pass rush and tiptoeing along the sideline before throwing across his body for an 8-yard TD pass to Gabe Davis.

The Patriots came in banged up on their offensive line and got creative to get their first points of the night.

After going three-and-out on their opening drive, New England inserted speedy cornerback and return man Marcus Jones for his first offensive snap of the season.

He made the most of it, catching a quick screen from Jones, finding a seam and sprinting through Buffalo's secondary for a 48-yard touchdown.

That was about the only highlight for the Patriots.

They punted on three straight possessions, then failed to get anything out of Allen's fumble after Nick Folk hit the crossbar on a 48-yard field goal attempt with 10 seconds left in the half.

SHORT-HANDED

Both teams played with key contributors unavailable.

Miller was placed on injured reserve Thursday and will miss at least four games. Starting left tackle Dion Dawkins (ankle) also sat and was replaced by David Quessenberry, who gave up a sack on Buffalo's opening drive and appeared to aggravate his troublesome knee.

Just before halftime, Quessenberry was also responsible for letting Josh Uche get to Allen for a strip-sack that was recovered by Matt Judon.

Patriots center David Andrews returned after his one-game absence due to a thigh injury, but New England was missing starting running back Damien Harris (thigh) along with tackles Isaiah Wynn (foot) and Yodny Cajuste (calf/back).

Recent practice squad addition Conor McDermott stepped in to start at right tackle. Trent Brown started at left tackle but was dealing with an illness.

INJURIES

Bills: DT Jordan Phillips left with a shoulder issue. ... Quessenberry left late in the third quarter with an ankle injury. TE Dawson Knox walked to the sideline with a toe injury but later returned. ... CB Tre'Davious White left briefly in the second quarter with a stinger but was cleared to return.

MILESTONE

Diggs finished with seven catches for 92 yards, and his second-quarter TD catch was his 10th receiving score of the season, tying the career high he set last season.

He is the first player in team history to record multiple seasons with 10-plus receiving TDs.

STREAK ENDS

Buffalo went 23 straight drives over more than two games without punting against the Patriots before the streak ended with Sam Martin's punt with 3:04 left in the second quarter.

DISQUALIFIED

Bills safety Damar Hamlin was ejected with 2:54 left in the game after being called for unnecessary roughness for his hit on defenseless Patriots receiver Jakobi Meyers in the end zone.

US knocked out of World Cup, loses to the Netherlands, 3-1

AL RAYYAN, Qatar (AP) — Christian Pulisic covered his face as he walked off. Tyler Adams, Weston McKennie and Kellyn Acosta gathered for a group hug. Tim Weah, DeAndre Yedlin and Sean Johnson sat on the field in a small circle with their cleats off.

"It hurts after a tough loss like that when we feel like we could have had more," Pulisic said, managing a voice only just above a whisper. "We don't want to feel like this again."

The United States' return to the World Cup ended with a 3-1 loss to the Netherlands on Saturday in the round of 16. While the Oranje extended their unbeaten streak to 19 games and advanced to a quarterfinal with Argentina, the Americans contemplated how far they came and how short they fell.

Defensive lapses gave the Dutch a treat as Memphis Depay scored in the 10th minute and Daley Blind in first-half stoppage time.

U.S. hope revived when Pulisic's cross hit the trailing foot of second-half substitute Haji Wright and popped over goalkeeper Andries Noppert and into the net in the 76th. But Denzel Dumfries, named after actor Denzel Washington, scored on a volley in the 81st after assisting on the first two goals.

"The American public should be optimistic," said Gregg Berhalter, the first person to play for and coach the U.S. team at a World Cup. "When you look at the way we wanted to play and did play, it should be positive."

The U.S. hasn't reached the quarterfinals since 2002 and was eliminated in the first knockout round, just like in 2010 and 2014.

After the American failure to qualify for the 2018, Yedlin was the only holdover on a roster that was the tournament's second-youngest, averaging just over 25 years.

"Now they know that feeling of what it's like to lose after putting so much into it," the 29-year-old defender said, "and the feeling of defeat from the past can only fuel success in the future."

The U.S. is winless in 12 games against European opponents at the World Cup since 2002 and has won once and lost seven in knockout rounds since the championship launched in 1930.

"This tournament has really restored a lot of belief, restored a lot of respect to U.S. soccer and to soccer in our country," McKennie said. "I think we've shown that we can be giants eventually. Maybe we may not be there yet, but I think we're definitely on our way."

Before a crowd of 44,846 at the renovated Khalifa International Stadium, Pulisic had a chance to put the U.S. ahead in the third minute. McKennie knocked a poor clearance back into the penalty area, but Noppert blocked his point-blank shot with his left thigh.

"I thought I was way offside when it happened, but I still hit it and he made a good save," Pulisic said.

The Dutch went ahead when Cody Gakpo played the ball to Dumfries on the right flank. Depay sprinted into the penalty area as Adams failed to track him, and Dumfries one-timed a cross that Depay redirected inside Matt Turner's far post for the first goal against the U.S. during the run of play in the tournament.

AP

Christian Pulisic of the United States is dejected after the World Cup round of 16 soccer match between the Netherlands and the United States, at the Khalifa International Stadium in Doha, Qatar, Saturday, Dec. 3, 2022. Netherlands won 3-1.

MESSI

From Page 20

arms and formed a long line to celebrate in front of their scarf-waving fans at one of end of the stadium after the game.

"The whole of Argentina would like to be here, but it's not possible," Messi said. "This bond, this union we have, it's beautiful."

Messi had been quiet before his goal, crowded out by a compact and defensively solid Australia team. He's never quiet for long, though.

He sent a pass inside to the edge of the area and kept running, eventually receiving a lay-off from Nicolas Otamendi to take one touch and stroke his finish through the long legs of Australia defender Harry Souttar—the tallest outfield player at the World Cup.

When Alvarez added the second to score in successive games, Australia looked out of it and Messi began to put on a show.

One 40-meter (yard) dribble wowed the crowd as he slalomed past three defenders and was tackled just as he was about to shoot.

"MESSI! MESSI!" came the chant.

Messi used his control and vision to set up two opportunities in the frantic finale—one being curled over the crossbar by Martinez—before Australia came on strong after putting Souttar up front in stoppage time for his aerial threat.

"We gave it everything," Australia striker Jackson Irvine said through tears, "but it wasn't enough."

QUARTERFINALS

Argentina and the Netherlands will play their quarterfinal match at Lusail Stadium, the 89,000-seat venue where the final will be staged. The teams last met at the World Cup in 2014, when Argentina won a penalty shootout in the semifinals.

DI MARIA

Angel Di Maria, who linked up well with Messi during the group stage, missed the match because he hadn't recovered from a thigh injury. "Hopefully he will be able to play (against the Netherlands)," Argentina coach Lionel Scaloni said. "He wasn't ready for today."

TARGETING BATISTUTA

Messi is one goal behind Gabriel Batistuta's record of 10 for Argentina at World Cups.

UMANGS

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Reyes scored 4, and Javin Sablan scoreds a point.

The championship team also includes Napu Pangelinan, Nnart Siech, Tiwsormal Taisakan, Iku Benavente, Shy'Annelei Mallens, Uriyah Castro, Ha'anisha Taitano, Lovan Ngeskebei, Ethan Suda, Brayden Fanagiluy, Agen Iglesias, and Efren Salasiban.

The Umangs advanced to the finals after going undefeated in the playoffs against Gregorio T. Camacho Elementary School, Kagman Elementary School, and Grace Christian Elementary School.

Coached by Francis Mendiola, this is the Umang's third championship after winning the 2019-2020 and 2021-2022 seasons.

Mendiola said after the game that this season was hard as he expected the season to start next year in March. "The preparation was hard… teaching them the basics, shooting, everything. A lot of these guys were not in the team last year, so to have two teams this year was very important. We also helped each other prepare each other for the tournament. Too bad our sister team KES 2 didn't make it but they were also a strong team."

The fifth-grade teacher said that the whole Umangs 1 team is graduating and that most of them are his students.

As for the strategy in the finals, Mendiola said, "with WSR, they were very quick, so we got to neutralize their main point guard… We wanted him to go to the right where we killed him because he likes to go in the middle. I noticed all these games, but… I said let's bring him to the right, let's cut off the lane, and then go for the rebound from there. And then our main guy, Logan, he was really good. These last two games he stepped up… last Friday… there [were] so [many] people and he was just shocked. So luckily now we [had] less people so he [was] more concentrated on playing the game."

He then thanked KES parents, former players, alumni, teachers, and admin for supporting their sports program and Public School System athletics program director Nick Gross for setting up the tournament again.

Daniel, who has been playing basketball since he was 5 years old, said that "it feels good" winning the championship.

Earlier in the morning, the Kingfishers flew their way to the finals from the loser's bracket and had just won over GCA. Before that they bested Garapan Elementary School 2 with the Kingfishers resting only a few minutes before revving it up against the Umangs.

The IT&E Interscholastic Co-ed Elementary School Basketball League 2022-2023 season was organized by the Public School System Athletic Program with help from the Northern Mariana Islands Basketball Federation.

KES 1 24 – Daniel 22, Deleon Guerrero 2.

WSR 15 – Lizama 10, Reyes 4, Sablan 1.

Scoring by halves: 10-8; 24-15.

LEIGH GASES

Umangs' Logan Daniel weaves through three Kingfisher defenders in the finals of the 2022-2023 IT&E Interscholastic Co-ed Elementary School Basketball League last Saturday morning at the Marianas High School Gymnasium.

KANG

From Page 20

playoff hole.

"It was really good playing with everybody today. It was really a joy playing with everybody and there was good weather. So I'm really happy I won today. All three of us had a par in No. 7 and in the second playoff hole I luckily had a birdie," he said.

On the course conditions and the weather, Kang said he couldn't really complain.

"The greens were really fast but the weather was perfect today. The only problem everyone had was the windy conditions. It was really difficult," said the Incheon, South Korea native.

Kang said he first took up golf as a 16-year-old studying on Saipan. He only picked up the sport again recently and is happy that all his hard work and practice in the golf course had paid off.

He said he plans to spend a portion of the $500 first place cash prize to treat his employees at Music Bank Restaurant with perhaps meals from McDonald's. Feng and Tenorio, meanwhile, went home with $300 and $200, respectively.

In the A Flight, Brian Camacho topped the category with a score of six-over par 76, followed by Ned Norita and Joshua Atalig with scores of 80 and 82, respectively.

Justin Muzutani was without peer in the B Flight after shooting an eight-over 80 to rule the division. Carl Hocog came in second with an 81, while Mel Sablan was third with an 82.

Results of the ladies flight, seniors flight, and B flight will be reported in tomorrow's issue of *Saipan Tribune*.

McDonald's Guam and Saipan co-owner Marcia Auyuy thanked the following sponsors for their support of the 2nd Annual McDonald's Golf Classic: Atkins Kroll, Triple J Motors, Joeten Motors, Stay Well Insurance, *Pacific Daily News,* MarPac Inc., Bank of Guam, KSPN2, Coca-Cola Beverage Company in CNMI, Bank of Saipan, ASC Trust, Tan Siu Lin Foundation, Bank of Hawaii, Matson Navigation, United Airlines, Bridge Capital LLC, Mobil Oil Marianas, Power 99, Micronesia Air Cargo Services, Guahan Waste Control, IT&E, Docomo Pacific, Herman's Bakery, Chong's Corp., RNV Construction, Saipan Computer Services, Westco, Sanford Technology Group, Megabyte, *Marianas Variety,* and Yaong Corp.

Proceeds from this year's event will benefit the Jose and Ruri Ayuyu Foundation, Inc., Make-A-Wish Foundation, Karidat Social Services, Ronald McDonald House, and the Salvation Army.

ALDAN

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Lefty Shiro and Mike Tomokane with six each; Eric Palacios took home the RBIs title with 48.

In the pitching category, the ERA champion is Hagu La'mun's Joe "Openg" Celis with a 4.47 ERA and the strikeout champ is Asahi's Dominic Hideo with 40.

Sufa won the men's division pennant with a 14-4 win-loss card, with Tokahao as the runner-up with a 13-5 record. Man Amigos finished in third place with a 13-5 card in a tie with Tokahao but lost in a tiebreak.

The playoffs kicked off yesterday with a women's division game between Queens of Diamond vs. Kosebakl; Sufa vs. Momma Charo; Tokahao vs Peleliu; Man Amigos vs. Asahi; Hagu Lamun vs. Ngaraard Redmen; and another women's game between Hot Shots vs. Lady Eagles.

The semifinals are set for Sunday, Dec. 11 and the finals are set for Sunday, Dec. 18.

Camacho, Yumul raise CNMI flag

By MARK RABAGO
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ASSOCIATE EDITOR

Christian "Hollywood" Camacho and Ethan Yumul made their home islands proud when they beat Guam riders to win their respective divisions in the Turkey Cross Race held last Nov. 26 and 27 at the Cowtown Race Track.

Camacho continued his perfect streak in the Big Boy ATV Class, winning both races for 50 points. Guam's James Lujan and Pier Banes came second and third with 42 points and 36 points, respectively.

"The win was a big blessing. When I heard how many ATV riders were coming in from Guam, I was stoked! I started to get to work. My main focus was improving my stamina. During practices, I pushed myself harder each time and it paid off. Guam brought their game and we were able to put on a nice show for the spectators," he said.

The 38-year-old IT&E employee admitted it wasn't all smooth sailing though, especially in the first heat.

"During the first heat, I was second out of the gate. When I took the lead, I made a mistake and went off course causing me to drop back to fourth as three Guam riders passed. Luckily I was able to save a potential crash going over the side of the table top and over the tires trying to get back on the track. I kept my composure and raced my race. I got the lead back and continued with a fast pace finishing first."

CONTRIBUTED PHOTO

Christian "Hollywood" Camacho, right, goes up against Guam's James Lujan in Big Boys ATV Class of the Turkey Cross Race held last Nov. 26 and 27 at the Cowtown Race Track.

CONTRIBUTED PHOTO

Ethan Yumul in action in the Novice Class of the Turkey Cross Race held last Nov. 26 and 27 at the Cowtown Race Track.

Camacho also overcame a slow start in the second heat where he was third out of the gate.

"I knew it was going to be a lot harder as both guys ahead of me were from Guam. Every pass I tried to make they blocked me. I did my best staying close reading their lines, waiting for the right moment to make a move. When I saw the opportunity at the wall jump, I made my move, but that move almost cost me the race. My front tire ended up landing on the rear tire from one of the riders, which caused my bike to kick right. I went straight off the side of the wall jump almost crashing straight into the jungle. Luckily I was able to save it again and get back on the track, but not after another Guam rider passed."

Camacho said the mistake the riders from Guam made was leaving gaps between each of their riders.

"I was able to make my moves, passing one at a time and taking the lead right after the finish line table top. Once I was in the lead, I checked out and continued a fast pace securing another first place finish," he said.

The two-time Marianas Racing Association Monster Energy Point Series Big Boy ATV winner thanked the MRA board and the Guam Motorcycle and ATV Club for making the Turkey Cross a success.

"None of this would be possible without their hard work and planning. To my parents, my family, and my Naughty Natives Team, thank you for your continued support. To the Guam riders, thank you for coming out, battling, and having a great time. Lastly, to the race fans. Despite the dust and heat, you guys still cheered on and cheered loud. This race is dedicated to you all!"

Yumul, meanwhile, lorded it over in the Novice Class after winning both heats for 50 points. Guam's Kanen Arceo was second with 42 points and Aric Cruz third with 37 points.

"I was ecstatic about winning first place during the Turkey Cross and having some Guam riders compete against me gave me a grasp of how they ride and the level I'm at compared to the riders at Guam," said the 16-year-old Marianas High School student.

Yumul thanked Marpac, Hybrid Shop, Marianas Native, True Value Hardware, Team Ericco, and Chubby Chovie Racing for being his sponsors and his family for supporting him on his motocross journey.

The son of former senator Ray Yumul said he got into motocross to keep himself active during the start of the COVID-19 pandemic.

Fearless FIFA 2022 World Cup forecasts

Sikkel

Perez

Vargas

Toves

Zapanta

Angeles

Manabat

The 2022 FIFA World Cup is entering the homestretch with Sweet 16 thinned down to the Elite 8 by the time newspapers hit the stores today.

Saipan Tribune reached out to futball fanatics to find out their picks on who will eventually take home the Jules Rimet Trophy in the 22nd staging of the World Cup. Here are their picks:

"I have to pick Holland to finally win the World Cup because my family would disown me if I didn't. Soccer is also the Netherlands' national sport. In reality they probably make it to the final by the skins of their teeth and then cave in the final as is their modus operandi due to some silly call, snafu, or penalty kicks.

First they have to beat the U.S., Argentina, and most likely Brazil to play in the final against I am going to say France (both Holland and France have been somewhat untested in the pool play). France is looking pretty smooth.....so far only Italy and Brazil have managed to win back to back world cups. Holland is going to ruin the French party!

—**Richard Sikkel,** Saipan Swim Club coach

Of course, Japan because I'm Japanese. If the people don't trust their home country to win, what country do the people trust to win then?

—**Hiroyuki Kimura,** Tsunami Saipan Swimming Center coach

Undecided. I am rooting for the Netherlands but I want Messi to win before he hangs up his cleats. Of course, Brazil and France are favorites. But this edition has been full of upsets and dramatic comebacks like what Japan did against Germany and Spain, and there's also South Korea's win over Portugal.

—**Jon Perez,** former Saipan Tribune reporter ***(Mark Rabago)***

"Portugal of course. Why? [Cristiano] Ronaldo!"

—**Mikky Vargas**, NMIFA admin

"I'm going for the U.S. or Japan because they're the underdogs..."

—**Catherine Attao-Toves,** Tan Holdings vice president for Corporate Affairs and Human Resources

"Japan! Because it's an Asian country and we're good friends with them."

—**Ross Zapanta,** NMIFA general secretary

"The team I wanted to win is gone (Belgium) so now, Japan."

—**Jershwin Angeles,** NMIFA coach

"Argentina because everyone has a heart for [Lionel] Messi."

—**Sebastien Manabat,** Kanoa Football Club player ***(Leigh Gases)***

Aldan reigns in three categories

LEIGH GASES

Queens of Diamonds' Kiana Aldan, left, is the women's division of the 2022 Budweiser Belau Softball Association League statistical leader in triples, home run, and RBIs. Her teammate Kiana Camacho, right, is the doubles champion.

By LEIGH GASES
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CORRESPONDENT

Queens of Diamonds' batting queen Kiana Aldan reigned supreme in three categories in the final individual statistics of the women's division of the 2022 Budweiser Belau Softball Association League.

Aldan, who has repetitively led multiple categories throughout the season which began in July, is the triples champion, home run champion, and RBI champion.

The rarely hit triple was made by Aldan three times, she also sent six home runs flying from her bat, and has amassed 19 RBIs.

Her teammate with the same name, Kiana "Baby K" Camacho, is tied with Mardina Kaipat as the doubles champion with six each.

Hot Shots' Erica Tenorio was crowned the batting champion with a .720 average throughout the season.

The runs scored champion is Lady Eagles' Emi Oiterong with 21.

Over on the mound, the ERA champion is Bert Camacho with an impressive 2.29 earned run average. The strikeout champion is Felisa Brel Teliu with 51 who swung and missed against her.

The Queens took the pennant with their 9-1 record, followed by the Hot Shots and Lady Eagles, both with a 6-4 card.

In the men's division, the batting champion is Sufa's Audie Maratita with a .720 average, who is also tied in first as the home run champion with Man Amigos' Eric Palacios at 14 each.

Runs scored champion is Jeff Cruz with 36; the doubles champion is Tim Wesley with 14; the triples champion is a two-way tie between

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Sabonis powers Kings to 123-96 win over Clippers

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Umangs defend co-ed hoops title

LEIGH GASES.

The Koblerville Elementary School 1 is the 2022-2023 IT&E Interscholastic Co-ed Elementary School Basketball League champion after drubbing William S. Reyes Elementary School, 24-15, last Saturday morning at the Marianas High School Gymnasium.

By LEIGH GASES
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CORRESPONDENT

Koblerville Elementary School 1 beat William S. Reyes Elementary School in the finals and successfully defended their championship in the IT&E Interscholastic Co-ed Elementary School Basketball League 2022-2023 last Saturday morning at the newly air-conditioned Marianas High School Gymnasium.

Despite the cool gym, the heat was turned up in the court as the Umangs and Kingfishers were neck-and-neck in a nail-biting finale for the crown—both teams taking turns at the net with the final score of 24-15.

The Umangs' Logan Daniel was a ball magnet as he scored all but 2 of his team's points for a game-high 22 points. The other field goal was made by Zowie Deleon Guerrero after an offensive rebound.

The Kingfishers' Joshua Lizama and Landin Reyes scored 4 points each in the first half, putting the pedal to the metal and keeping pace with the Umangs with an 8-10 finish, but fatigue kicked in and the team eventually gassed out in the last period as the Umangs pulled the lead further away from their grasp.

Lizama totaled 10 points,

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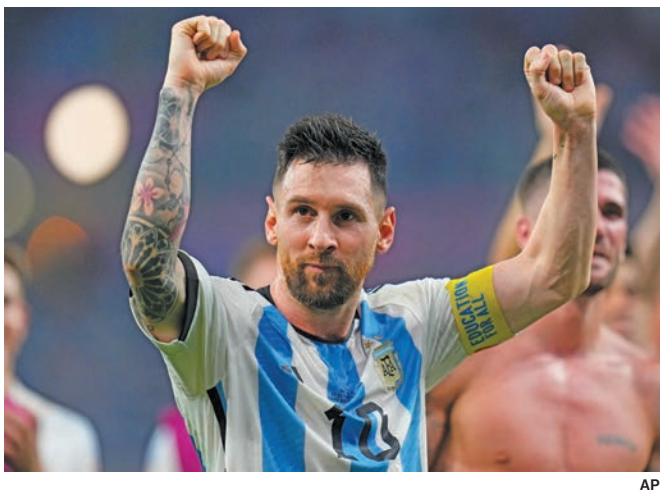
Messi scores, Argentina reaches World Cup quarterfinals

STEVE DOUGLAS
AP SPORTS WRITER



AP

Argentina's Lionel Messi celebrates winning the World Cup round of 16 soccer match between Argentina and Australia at the Ahmad Bin Ali Stadium in Doha, Qatar, Saturday, Dec. 3, 2022.

AL RAYYAN, Qatar (AP)— Lionel Messi was pushed into the middle of a joyous post-match huddle as Argentina's players jumped up and down to celebrate reaching the World Cup quarterfinals.

Messi delivered again for his country, marking the 1,000th game of his era-defining career with his first goal in the knockout stage of a World Cup to lead Argentina to a 2-1 win over Australia on Saturday.

This was not the walkover most were expecting against the unheralded Australians, though.

At the final whistle, Argentina was just as grateful for its goalkeeper as the No. 10 with magic in his boots.

Emi Martinez came up with a sprawling save in the last seconds of an increasingly anxious match to prevent the need for extra time and the potential of another shock in a World Cup full of them.

"That is the World Cup for you," Messi said. "All the matches are difficult and what's important is that you win."

With a flourish of his famous left foot in the 35th minute, Messi put Argentina ahead with his third goal at this year's tournament and ninth in total at the World Cup — one more than Diego Maradona.

"Wow, he's just remarkable," Australia coach Graham Arnold said.

Julián Álvarez pounced on a heavy touch by Australia goalkeeper Mathew Ryan to tap into an empty net for the second goal, but this was no cruise to a quarterfinal meeting with the Netherlands.

Australia's fightback in the final 20 minutes was as stirring as it was unexpected. Craig Goodwin's shot deflected into the net off Argentina midfielder Enzo Fernandez in the 77th. Then, amid a late aerial bombardment from the Australians, Garang Kuol had a dramatic chance when he was left free at the far post. Shooting on the turn, his effort was smothered by Martinez and two Argentina players fell on top of their goalkeeper in relief as much as happiness.

"Before we came here, people were saying we were the worst team at the World Cup and the worst Socceroos team ever," Arnold said. "That's gone now."

On the only other occasion Australia reached the last 16 — in 2006 — the team lost to eventual champion Italy.

Maybe it's an omen for Argentina, which has fully recovered from its shocking loss to Saudi Arabia in its opening group match and won three straight games.

As for Messi, he now has 789 goals in a career that might yet reach a crescendo on Dec. 18 by winning soccer's biggest trophy in his fifth and likely last World Cup.

The dream is still alive for the seven-time world player of the year and the tens of thousands of Argentina fans who dominated the Ahmad Bin Ali Stadium, massively outnumbering the small pockets of green-and-gold-clad Australia supporters to make it feel like a match in Buenos Aires or Rosario.

Argentina's players linked

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Kang wins first golf tourney

MARK RABAGO

Sun Ho Kang, third from left, accepts his $500 check for winning the championship flight of the 2nd Annual McDonald's Golf Classic last Saturday at the Laolao Bay Golf & Resort. Also in photo are, from left, Mabel Glenn, McDonald's Guam Saipan co-owner Marcia Ayuyu, and Jose Ayuyu Jr.

By MARK RABAGO
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ASSOCIATE EDITOR

Sun Ho Kang won his first golf tournament after topping the championship flight of the 2nd Annual McDonald's Golf Classic last Saturday at the Laolao Bay Golf & Resort

The 43-year-old owner of Music Bank Restaurant finished with a three-over 75 in a three-way tie with Feng Chun Jin and Norman Peter Tenorio, but bested the two via scorecard tie break.

All three tied with pars in the first playoff hole in No. 7, but Kang took the No. 1 spot when he birdied the second playoff hole in No. 11. Feng and Tenorio shot identical bogeys on that hole. The former then secured the runner-up spot by edging the latter in the last

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